HEARTBREAKER

A LED ZEPPELIN REUNION? 'UNLIKELY,' BAND MEMBERS INSIST AS THEY LAUNCH THEIR NEW CONCERT FILM, CELEBRATION DAY PAGE 19

CALGARY metro
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Rock kills Calgary mom on B.C. road

Freak accident. Witnesses describe hole in windshield the size of a human head or larger

ROBSON FLETCHER
robson.fletcher@metronews.ca

A frantic Calgary husband tried desperately but ultimately in vain to save his wife after a large rock smashed through the windshield of their vehicle and struck the 37-year-old woman in the head, according to witnesses and police in British Columbia.

"He was just jumping, saying, 'My wife, she's dead!'" recalled Rakesh Narain, who owns Gas Plus in Canal Flats, B.C., just metres from where the bizarre incident occurred.

The man pulled into the gas station in a panic, Narain said, with two young children in the back seat "screaming and crying."

He said the woman, who has yet to be identified, was slumped forward in the passenger seat with her head between her legs and a gaping hole, "maybe a foot wide," in the windshield in front of her.

The family's Subaru Legacy was northbound on Highway 93/95 at about 11 a.m. on Friday when it crossed over the Kootenay River Bridge and passed a southbound semi, according to police.

Police said a large rock, roughly 30 centimetres by 15 centimetres, was then thrown from the truck's dual wheels, striking and penetrating the Subaru's windshield.

RCMP Cpl. Tom Brannigan described the occurrence as a "freak accident."

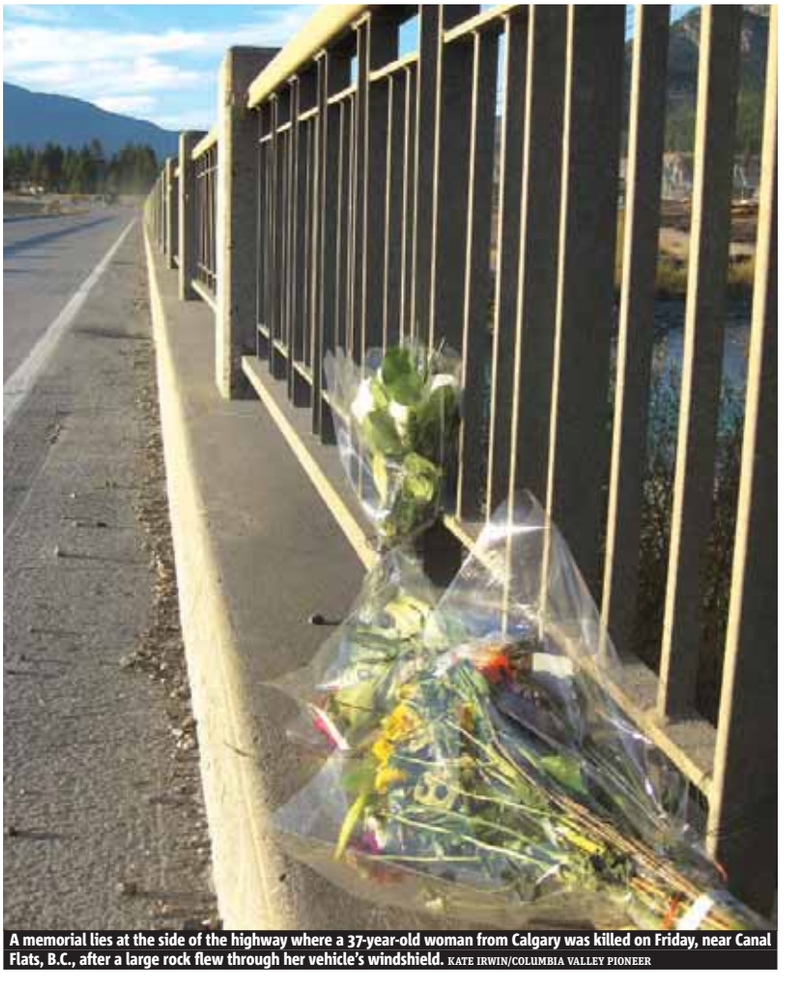
Police seized the suspect vehicle and questioned the driver, who was later released with no charges relating to the incident, which remains under investigation.

Shortly after pulling into the gas station, Narain said the man appeared to see signs of life in his wife and sped off northbound in search of medical attention for her.

Canal Flats is about 80 kilometres north of Cranbrook, B.C.

WITH FILE FROM JEREMY NOLAIS

Online
For more local news go to metronews.ca



A memorial lies at the side of the highway where a 37-year-old woman from Calgary was killed on Friday, near Canal Flats, B.C., after a large rock flew through her vehicle's windshield. KATE IRWIN/COLUMBIA VALLEY PIONEER

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XL Foods. Safety problems fixed at Alberta beef plant, says co-CEO

The owners of an Alberta plant behind a massive recall of beef products say they have fixed the problems that forced food-safety officials to shut the meat packer down over E. coli concerns.

Brian Nilsson, co-CEO of XL Foods Inc., said the company welcomes Canadian Food Inspection Agency staff who were in Brooks, Alta., on Tuesday for a pre-inspection of the plant that processes more than one-third of Canada's beef.

"We have worked diligently to address all corrective actions," Nilsson said in a release.

Problems cited by inspectors after the CFIA revoked the plant's operating licence Sept. 27 included management of E. coli risk, maintenance and sanitation. The U.S. stopped accepting shipments of beef from the company Sept. 13.

XL Foods also made reference to people who have become sick from eating beef, but did not directly mention the 11 people in four provinces who were infected by a strain of E. coli that has been linked to the plant.

"All the members of the XL community deeply regret the illnesses caused by the consumption of beef products," read the release.

THE CANADIAN PRESS

Minister

"We want to make sure that this is safe.... It will not be allowed to re-open until the Canadian Food Inspection Agency has confirmed that."

Federal Agriculture Minister Gerry Ritz

180 recipients. Harper in town to dole out Diamond Jubilee honours

Former NHL player Sheldon Kennedy was among the recipients as Prime Minister Stephen Harper handed out Diamond Jubilee medals Tuesday.

Kennedy has become an outspoken champion for the rights of sexual-abuse victims since coming forward in the 1990s about his own abuse by former junior hockey coach Graham James.

Harper was in Calgary to hand out 180 of the medals, which were created in honour of the Queen's 60th anniversary on the throne this year.

He praised the recipients for going above and beyond to serve their communities.

The prime minister said it takes courage and personal sacrifice to perform tasks that are often considered thankless.

"Service comes in many forms, but inevitably it requires vision and perseverance," he said.

THE CANADIAN PRESS

Fatal blows. Brief court appearance for pair accused in girl's death

A Calgary father and stepmother are looking to obtain legal counsel after being charged with second-degree murder in the death of a six-year-old girl.

Spencer Jordan and Marie Magoon made a brief appearance in a Calgary courtroom Tuesday.

They are accused of inflicting blunt-force-trauma injuries on six-year-old Meika Dawn Jordan that ultimately proved fatal.

Jordan's mother and stepfather were in court to watch as their daughter's other caregivers appeared before a judge via closed-circuit television.

"It opens up some fresh wounds.... It was certainly satisfying to see them in those prison jumpsuits," said stepfather Brian Woodhouse.

Charges were laid against Spencer Jordan and Magoon Monday after an 11-month investigation into Meika's death.

JEREMY NOLAIS/METRO

City invites Calgarians to help cut red tape

Call to citizens.

Public enlisted to help identify 'anything obsolete, redundant, wasteful or confusing' in civic operations

ROBSON FLETCHER
robson.fletcher@metronews.ca

They say you can't fight city hall, but Mayor Naheed Nenshi wants you to change how it operates.

Nenshi and Ald. Peter Demong launched Phase 3 of the city's "Cut Red Tape Initiative" on Tuesday, which invites input from residents on how to streamline city services.

"This step is about asking all Calgarians to share their red-tape experiences and, more important, their suggestions for solutions," Nenshi said.

The last two phases gathered input from city staff and the business community and have already led to changes.

Changing the system

- **Cost.** The initiative, so far, has cost $119,000 of an allocated $385,000 in funding, "most of which is staff time," the mayor said.
- **Participating.** Residents can participate in Phase 3 by completing a survey online at cutredtape.ca or by calling 311.

"The example I love to use is making it easier for parents to book their child's next swim class while they're still at the pool," Nenshi said.

Derek Fildebrandt of the Canadian Taxpayers Federation said the initiative's successes have been "modest but measurable" but making bureaucracies more efficient is an unending task.

"It's like we've been pricked by a porcupine and we're pulling one quill out at a time ... but we've still got an arm full of quills," he said.

Mayor Naheed Nenshi and Ald. Peter Demong cut some ceremonial red tape at Historic City Hall on Tuesday. ROBSON FLETCHER/METRO

Photo: Scott Rowed

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Ald. Peter Demong and the city's urban forestry lead, Jill-Anne Spence were at a southeast park Tuesday to promote the benefits of Calgary's tree-planting plan. LISA WILTON/METRO

Planting for city's future

Biodiversity. Calgary replacing poplars with ash, elm and oak trees for diversity, forest health

LISA WILTON
lisa.wilton@metronews.ca

Diversity is key when it comes to Calgary's urban forests.

That was the message from Ald. Peter Demong and the City of Calgary's urban forestry lead, Jill-Anne Spence, on Tuesday.

Attending an official tree-planting ceremony at Maple Ridge Park in the city's southeast, Demong said the City's Poplar Lifecycle and Species Diversity Project was essential to the health and aesthetics of Calgary's parks and communities.

"Trees are a huge asset to the city," he said.

"But communities were mono-cultured with poplars in the 1960s and '70s. Now here we are, 50 years later, and I'm very concerned that if we don't start doing something in the next five to 10 years, we're going to be faced with a massive replanting. Or we won't have the funds and there will be a die-off where whole parts of the city have dying or dead trees. Nobody in the city wants to see that."

Urgency

"If we don't start doing something in the next five to 10 years ... there will be a die-off where whole parts of the city have dying or dead trees."
Ald. Peter Demong

The parks department identified 166 poplar trees across the city as having reached the end of their life cycles, and is in the process of replacing them with more than 300 new trees.

According to Spence, diversifying the species of trees in Calgary with ash, elm and oak will help protect urban forests against disease.

"Dutch Elm Disease, for example, has decimated tree-lined main streets in other U.S. and Canadian cities," she explained.

"Planting monoculture is a lesson learned."

The $450,000 project is being paid for by the City's community investment fund, created by city council last year for improvements on such things as libraries, swimming pools, athletic fields and emergency services.

Poplars. Cloning to revive memories

Memorial Drive between Edmonton Trail N.E. and Crowchild Trail N.W. is one of the city's most picturesque stretches of road.

Much of its appeal lies in the number of pretty poplar trees lining the major thoroughfare in tribute to Canada's fallen war heroes.

But by the start of the new millennium, most of the original 3,278 poplars planted between 1922 and 1928 were nearing or at the end of their life cycles.

In 2001, the city started a project to replace dying trees located between St. George's Island and 9 Street N.W. with new ones.

"As a way to continue the memory and purpose of Memorial Drive, we had those poplars cloned," explains Jill-Anne Spence, City of Calgary Parks' Urban Forestry lead.

"So the new trees have the same genetic material of the trees that were planted earlier."

The city took cuttings from 1,500 of Memorial Drive's original poplars, and has been growing cloned trees since 2001 at a nursery in Grand Forks, B.C.

More than 470 of these cloned trees have been planted along Memorial, most notably around the Peace Bridge.

The project won the Calgary Heritage Authority's Landscape Lion Award, which recognizes cultural landscape design, heritage landscape restoration and conservation.

"It's a great project," Spence says. "In the horticultural industry, it's a gold star."

LISA WILTON/METRO

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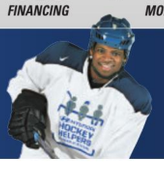

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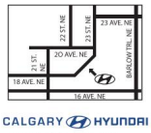

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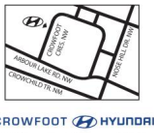

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Animal-abuse case. Woman who admits to beating bulldog fined $5K

A former pet owner has pleaded guilty to striking and injuring a bulldog last year.

May Lee Polegato was charged in March 2011 after Jinx the dog was repeatedly hit with a blunt object.

On Tuesday, Polegato pleaded guilty to the Animal Protection Act offence. Polegato faces a $5,000 fine and 10-year prohibition from owning or caring for animals.

"This was a violent act that could have garnered incarceration. However, the fine is one of the highest we have ever seen for a single animal offence and the prohibition period is significant," said Brad Nichols, department head for protection and investigations with the Calgary Humane Society.

Jinx has since healed and is living with a new family, but still has severe scarring.

METRO

Jinx has recovered from his horrific injuries and has a new family. COURTESY OF CALGARY HUMANE SOCIETY

Investigation

Shooter, victim likely acquainted: Police

The victim of a Tuesday-morning shooting in southwest Calgary probably knew the person who shot him, police say.

Officers were called to a home on the 2200 block of 23A Street S.W. at about 4:30 a.m. and found a man with a serious gunshot wound. He was taken to hospital and remains in serious condition.

Insp. Darren Leggatt said the shooter fled the scene before police arrived.

Police are investigating.

METRO

Calgary police targeting more female recruits

Const. Tracy Ophof of the skills and procedures unit of the CPS demonstrates some of the tools used in police training. KATIE TURNER/METRO

Centennial. The first woman officer in Canada was hired in 1912 in Edmonton

KATIE TURNER
katie.turner@metronews.ca

After 100 years of women in Canadian policing, female officers with the Calgary Police Service say there are still strides to be made.

In celebration of the century milestone, members will be hosting the Women in Policing Conference this month to encourage more women to join the force.

There are 316 women on the Calgary force — about 17 per cent of the 1,900 officers.

"Obviously, it would be nice to see that number raised up a bit," said Acting Staff Sgt. Jennifer Lessard of the recruiting unit. "We really want to be reflective of the community that we police.... The community is 50 per cent women."

Acting Staff Sgt. Michelle Doyle said that after 15 years as a police officer, she's worked in various units and one of the benefits of policing is the variety of opportunities.

"We have so many different sections within the police service," said Doyle, who works in the behavioural sciences unit. "I think it's a field, like any other, in which we've evolved over time and we're showing this is something women can do."

The Women in Policing Conference will be held at the University of Calgary on Oct. 27. To learn more, go to calgarypolice.ca/recruiting.

Women in blue

- The CPS hired its first female officer in 1945.
- In 2011, there were more than 13,500 female officers across the country, making up 19.6 per cent of the total Canadian police force, Statistics Canada says.

Phone-line theft on the rise: Police

Thieves who target active telecommunications lines for scrap copper are a growing concern, according to police and Telus.

"The impact that copper theft can have on public safety is huge," Acting Staff Sgt. Jason Bobrowich said on Tuesday, after announcing the seizure of more than $100,000 in vehicles, weapons and other items from a property northeast of Calgary.

But what was of particular concern, he said, was 200 pounds of seized copper wire and "significant amounts" of stripped cables belonging to Telus.

Booming business

440%

The approximate increase in the price of scrap copper from October 2002 to October 2012, according to the London Metal Exchange.

Bobrowich said there have been numerous recent cases of Telus lines being severed and stolen, resulting in the loss of phone service — including 911 service — to hundreds of people.

Telus spokesman Chris Gerritsen said the company is also concerned about wire theft, which he said "ebbs and flows" with the price of copper.

"It's not a victimless crime," Gerritsen said. "It's only a matter of time before someone needs help in an emergency and can't call because someone's stolen the cable."

ROBSON FLETCHER/METRO

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Cats gone AWOL; owner blames pet sitter

Leon, left, and Lucifer were allegedly given away by a temporary caregiver without permission from their owner. Anyone with information can contact jeremy.nolais@metronews.ca, who will pass along the info. COURTESY OF CAITLIN HOLLAND

Posting. Woman claims caregiver she met on Kijiji sold cats without permission

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Desperately searching for leads on the whereabouts of her two beloved cats, a Calgary mother is warning others to be wary of heading online to find caregivers for their pets.

In June, Caitlin Holland decided to head home to Kingston, Ont., to be with family during the final months leading up to the birth of her first child.

Before going, Holland enlisted a friend to care for her cats, Lucifer and Leon, as her relatives are allergic. That person backed out last minute.

"I was desperate, so I posted a Kijiji ad," Holland said. "I made it clear I didn't have a lot of money."

A complete stranger offered to help and, according to Holland, the two worked out an arrangement that she we would care for the cats until February in exchange for $100 each month.

Emails provided by Holland, however, suggest the caregiver had become increasingly frustrated with the animals, claiming they had scratched her furniture and urinated frequently indoors.

The woman demanded more money, and Holland said she offered what little she could. But over Thanksgiving weekend the caregiver sent an email claiming the cats had been given away, along with a kennel and other items. Holland hasn't heard from her since.

Christy Thompson with the Calgary Humane Society said the organization frequently sees online postings from people seeking pet caregivers.

"Boarding is expensive for a lot of people," she said. "Try to find somebody that has been recommended to you."

Attempts to reach the caregiver through a phone number provided by Holland were unsuccessful Tuesday.

Holland, meanwhile, is enjoying being a new mom but said she's missing a big part of her family. "They are like my fur babies," she said Tuesday, fighting back tears. "I would at least like to know they have a good home."

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Date:	Time:	Location:
Monday to Thursday, October 15 - 18	11:30 AM - 7:00 PM	Avenida Village, 303 12445 LakeFraser Drive SE
Friday to Sunday, October 19 - 21	9:30 AM - 5:00 PM	
Monday to Thursday, October 15 - 18	11:30 AM - 7:00 PM	Brentwood Village Mall 302 3630 Brentwood Road NW
Friday to Sunday, October 19 - 21	9:30 AM - 5:00 PM	
Monday to Friday, October 15 - 19	9:00 AM - 12:00 PM 1:00 PM - 3:30 PM	CUPS, 1001 10 Avenue SW
Monday to Thursday, October 15 - 18	11:30 AM - 7:00 PM	Northgate A154 495 36 Street NE
Friday to Sunday, October 19 - 21	9:30 AM - 5:00 PM	
Monday to Thursday, October 15 - 18	11:30 AM - 7:00 PM	Richmond Road Diagnostic Treatment Centre 1820 Richmond Road SW
Friday to Sunday, October 19 - 21	9:30 AM - 5:00 PM	
Monday to Thursday, October 15 - 18	11:30 AM - 7:00 PM	South Calgary Health Centre 31 Sunpark Plaza SE
Friday to Sunday, October 19 - 21	9:30 AM - 5:00 PM	

Please bring Alberta Health Care Card. Short sleeves recommended.

For more info, including local clinic details, visit www.albertahealthservices.ca or call Health Link Alberta at 1.866.408.5465 (LINK).

Plans. Nenshi plans to decide on re-election bid in a 'month or two'

Naheed Nenshi METRO FILE

Calgary Mayor Naheed Nenshi plans to make a decision in the coming weeks on whether or not to seek re-election.

With the next municipal election just over a year away, Nenshi told reporters on Tuesday he'll be announcing his intentions soon.

"I always said when I was first elected that I would never be a politician who is focused on the next election," Nenshi said Tuesday.

"That said, I think it would be fair to let people know my decision one way or the other so that people have time to plan and prepare, which means I've got to make a decision sometime soon.

"I'm probably six weeks behind my self-imposed deadline for making a decision, so I anticipate I'll make that decision relatively quickly and we'll have an announcement over the next month or two."

Calgary's next municipal election is set for October 2013. METRO

After the autopsy

Beltline death not a homicide

Police have ruled out homicide in the case of a man whose body was discovered in the Beltline Saturday morning.

The body was spotted at about 4 a.m. in the 1400 block of 4th Street S.W.

In light of an autopsy performed Tuesday, police do not believe the death was a homicide.

The cause of death remains undetermined.

Toxicology tests are scheduled next, but police said that could take months. METRO

Leg injuries

84th Street closed for aerial rescue

Fire crews temporarily shut down a southeast street on Tuesday afternoon in order to rescue a man who had fallen into a shoring trench box.

Firefighters were called to an area near 84th Street and 34th Avenue S.E. shortly after noon, where they found the man, who had fallen about five metres and suffered leg injuries.

They put the man in a stretcher and performed an aerial rescue to remove him from the trench. METRO

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Body of work nets dancer a green card

Science, technology and ... burlesque?

Canadian earns immigrant status in U.S. for her 'extraordinary ability'

Bettina May CONTRIBUTED

Bettina May can shimmy like nobody else and she's convinced U.S. immigration authorities of it.

The Canadian burlesque performer and pin-up model managed to get her U.S. green card as a "resident alien of extraordinary ability," a category reserved for scientists, IT specialists, athletes, celebrities and someone "unique in their field."

Her first plans now that she has landed immigrant status in the United States? A trip home to Victoria, B.C.

"First and foremost, it means I can come back to Canada to see my parents. I haven't been able to go home for two and a half years," May said while she was waiting for her green card.

Leaving the U.S. would have meant "a very slim chance of getting back in," she said.

May launched her career, based on her vintage 1940s style, in Canada 10 years ago as a pin-up model and moved to New York in 2009.

Self-employed, she sponsored herself in her application to stay in the U.S.

"New York is the best city in the world for burlesque and I can make a living here. But Toronto also has an awesome burlesque scene," she said. "Now I'll be able to visit the other half of Canada and know I can come back to New York."

She also runs "pin-up class workshops" that teach women the art of makeup and hair styles that hearken to the World War II glamour girl era.

TORSTAR NEWS SERVICE

'Excessively punitive'

UN targets feds' justice reforms

The federal government's tough-on-crime agenda is "excessively punitive" for youth and a step backwards for Canada's child-rights record, says a United Nations group.

The committee says Canada's Youth Criminal Justice Act complied with international standards until changes were introduced earlier this year.

The Harper government's Bill C-10, which includes stiffer penalties for youth and makes it easier to try them as adults, no longer conforms to the child-rights convention.

THE CANADIAN PRESS

Oilsands. Ottawa to consider penning endangered caribou

Penning wild caribou in the oilsands region is a recovery option for the species that should be considered, says a federal document that echoes a recent industry-funded study.

The federal caribou strategy released last week says "indirect predator management (e.g. penning of boreal caribou)" should be given high priority to prevent the highly endangered herds from vanishing.

The idea follows a study released in July by the Oilsands Leadership Initiative that recommended fencing off at least 1,500 square kilometres to protect caribou from predators such as wolves.

A large fenced predator exclosure "has potential benefits and should be considered for implementation as part of an integrated boreal caribou management program in northeast Alberta," the study said.

It concluded the idea was feasible and 43 technical experts met last May to flesh out how it might be implemented.

They said the caribou pen would have to be part of an integrated strategy for saving the herds, some of which are declining so rapidly they are expected to disappear within 20 years. THE CANADIAN PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

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Supersonic! Ill winds blow, so skydiver puts off 37-kilometre free fall

Extreme athlete Felix Baumgartner cancelled his planned death-defying 37-kilometre free fall Tuesday because of high winds.

It was the second time this week he has been forced to postpone his quest to be the first supersonic skydiver.

The former military parachutist from Austria had planned to ride a pressurized capsule carried aloft by a 55-storey, ultra-thin helium balloon into the stratosphere, and then jump in a specially designed suit.

Because the balloon is so delicate, it can only take flight if winds are two m.p.h. or below. Baumgartner, 43, was suited up when video showed winds whipping the balloon around. THE ASSOCIATED PRESS

Tempting tragedy

What are the risks? One is called "boiling blood":

- **Lethal.** Any contact with the capsule when he jumps into space can tear his pressurized suit. The extreme cold can then cause lethal bubbles to form in his blood and bodily fluids.

Spilling the beans

Polanski victim to tell all in memoir

The former teen whom film director Roman Polanski was convicted of having sex with — leading to his flight from the U.S. — is writing a memoir.

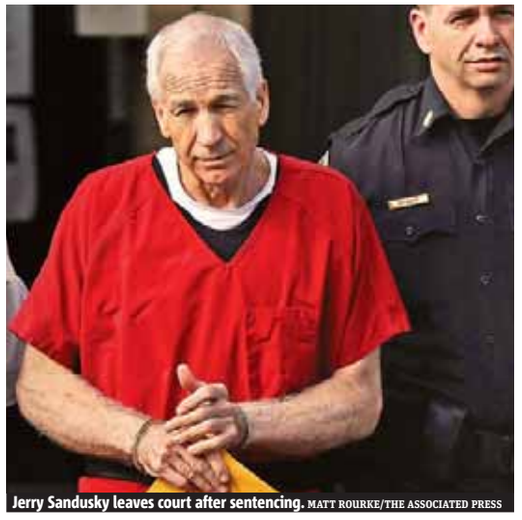
Samantha Geimer, now 47, says in a statement released by publisher Atria Books: "I offer my story now without rage, but with purpose — to share a tale that in its detail will reclaim my identity."

Polanski, 79, is restricted by an Interpol warrant in effect in 188 countries, but he moves freely between Switzerland and France.

THE ASSOCIATED PRESS

Sex predator Sandusky will end his days in jail

A 30- to 60-year term. U.S. judge calls him dangerous and says he betrayed children and abused their trust



Jerry Sandusky leaves court after sentencing. MATT ROURKE/THE ASSOCIATED PRESS

Reviled ex-football icon Jerry Sandusky was sentenced Tuesday to at least 30 years in prison — effectively a life sentence.

But he was defiant to the end in the child sexual-abuse scandal that brought shame to Penn State.

"In my heart I know I did not do these … disgusting acts," he told a Pennsylvania court.

He also gave a rambling statement in which he talked about his life in prison and the pain of being away from his family.

"I've forgiven, I've been forgiven," he said.

"I've comforted others, I've been comforted. I've been kissed by dogs, I've been bit by dogs.

"I've conformed, I've also been different. I've been me. I've been loved, I've been hated."

Three victims spoke, often fighting back tears. One looked Sandusky in the eyes at times. Two of the men exchanged a long embrace after court was adjourned.

The 68-year-old former Penn State assistant coach was found guilty in June of 45 counts of child sexual abuse, convicted of molesting 10 boys over a 15-year period.

THE ASSOCIATED PRESS

Canadian victims

The Jerry Sandusky case has sent ripples of revulsion into Canada.

- **The James scandal.** Two of former junior hockey coach Graham James's sexual-abuse victims say they would like Canada to follow the U.S. in handing out harsh sentences to sexual predators.
- **Fleury.** Former Calgary Flames forward Theo Fleury says it's important to send a message that child sexual abuse is not taken lightly. He blames the federal government for a lack of leadership.
- **Kennedy.** Sheldon Kennedy would like tougher sentences as well. But he says longer jail terms are not the only answer. Canada, he says, is on the right track by educating the public.

Unarmed student shot

A nude University of South Alabama freshman had taken LSD and assaulted others before he chased the campus police officer who fatally shot him, authorities said Tuesday,

But 18-year-old Gil Collar was unarmed.

Mobile County Sheriff Sam Cochran said at a news conference that Collar took the drug during a music festival Saturday before assaulting two people in vehicles and attempting to bite a woman's arm.

Authorities said Collar then went to the campus police headquarters, where he was shot by university police officer Trevis Austin. Austin is on leave while investigators review the shooting.

Investigators are trying to determine who provided Collar with LSD and could charge that person with murder, Cochran said.

Experts say LSD can cause acute anxiety, panic and an inability to recognize danger.

THE ASSOCIATED PRESS

Gil Collar took LSD at a music festival, a sheriff says. CONTRIBUTED

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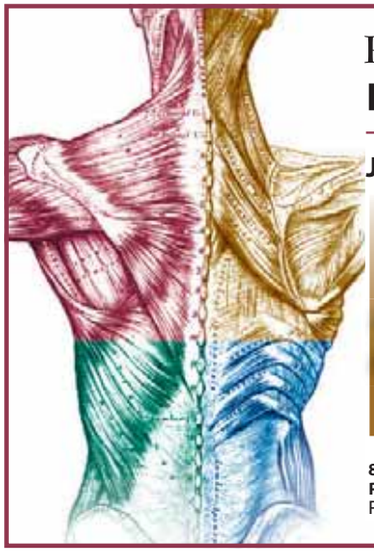

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Kenyans demonstrate near the parliament building in Nairobi Tuesday against MPs who last week quietly awarded themselves a $110,000 US bonus for five years of service in parliament. BEN CURTIS/THE ASSOCIATED PRESS

Kenyans protest MPs' bid for hefty bonuses

Activists say. Motion on bonus hike passed with only 30 legislators present; constitution bans parliament from setting its own pay

Kenyans expressed outrage Tuesday over what has become a common move by the country's members of parliament — awarding themselves hefty perks far above what the typical Kenyan family lives on.

The legislators last week quietly awarded themselves a bonus and a majority of the parliamentarians who have served the full five-year term that ends in January will get $110,000 US.

At least 100 people, including a popular Kenyan musician, protested outside parliament shouting "thieves" and urging the president not to approve the pay bill.

Kenya's 222 legislators currently make about $120,000 US a year. The minimum wage in Nairobi, the capital, is about $1,500 US a year. Nearly half of Kenyans live below the poverty line.

THE ASSOCIATED PRESS

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Trade tensions. Rivalry with China plays into U.S. election

Eager to expand in the United States, China's biggest technology companies face an America anxious about threats to jobs and national security.

The latest blow: A U.S. report that says telecom equipment makers Huawei Technologies Inc. and ZTE Corp. are potential security threats that Americans should avoid doing business with.

The report, coming amid an American presidential race in which trade tensions with Beijing are a prominent issue, highlights conflicting U.S. sentiments toward China, an important trading partner but a potential strategic rival. U.S. companies see China as both a crucial growth market and a source of competition and industrial spying.

"A lot of people in America are worried about a diminishing role in the world and China being the prime beneficiary and potentially one day moving into that top slot," said Charles Maynard, senior managing director of Business Development Asia, which advises companies on acquisitions. Legislators are "playing to a lot of voters at home who are very concerned about that issue," he said.

THE ASSOCIATED PRESS

IMF forecasts weaker growth for world economy

Japanese Minister for Reconstruction Tasuo Hirano speaks during the opening of the Sendai Dialogue, a special event on managing disaster risk that is being held in Sendai, Japan, ahead of the annual meetings of the International Monetary Fund and the World Bank Group. KOJI SASAHARA/THE ASSOCIATED PRESS

Sluggishness spreads.
Quarterly update sees malaise expanding to more dynamic emerging economies

Plagued by uncertainty and fresh setbacks, the world economy has weakened further and will grow more slowly over the next year, the International Monetary Fund says in its latest forecast.

Advanced economies are risking recession while the economic malaise is spreading to more dynamic emerging economies such as China, the international lending organization says in a quarterly update of its World Economic Outlook.

The IMF forecasts that the world economy will expand 3.3 per cent this year, down from its estimate of 3.5 per cent growth issued in July. Its forecast for growth in 2013 is 3.6 per cent, down from 3.9 per cent three months ago and 4.1 per cent in April.

For the United States, the IMF raised its growth forecast slightly, to 2.2 per cent this year from two per cent in July. For 2013, though, it expects U.S. growth of 2.1 per cent, down from 2.3 per cent.

The IMF said growth in Canada has been constrained by the sluggish U.S. economy.

"Domestic demand — both business investment and private consumption — has been supported by exceptionally favourable financing conditions, including low interest rates and credit availability," the IMF said.

"These factors, along with the commodity boom, have also boosted the housing sector, especially in provinces with strong mining activity."

However, the IMF warned about the amount of borrowing in Canada. THE ASSOCIATED PRESS

Canadian outlook

- The IMF projected growth in Canada this year of 1.9 per cent, improving slightly to two per cent in 2013.
- That compared with the July forecast that saw growth at 2.1 per cent for 2012 and 2.2 per cent for 2013.

Entrepreneurship

Boomers set on startups: Poll

A new survey from TD Canada Trust suggests baby boomers have one more career move in them before they retire — they want to run their own business first. The survey found 54 per cent of boomers polled have or are considering starting a firm, whether it's consulting, buying into a franchise or operating a specialty firm. THE CANADIAN PRESS

BB10 deliveries

RIM shares fall on analyst report

Research In Motion shares are down 5.5 per cent after an analyst said the next generation of BlackBerrys won't hit shelves until March. Jeffries and Co. analyst Peter Misek told business TV channel BNN that timing would delay any potential licensing deals. Some observers had anticipated a January or February release.

THE CANADIAN PRESS

Market Minute

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Natural gas: $3.47 (+6.4¢)
Dow Jones: 13,473.53 (-110.12)

TSX 12,273.57 (-145.42)

OIL $92.39 US (+$3.06)

GOLD $1,765 US (-$10.70)

Revision: UN says 1B-hungry-people projection was off

The United Nations now says its 2009 headline-grabbing announcement that one billion people in the world were hungry was off-target and that the number is actually more like 870 million.

The UN Food and Agriculture Organization blamed flawed methodology and poor data for the bum projection, and said it now uses a much more accurate set of parameters and statistics to calculate its annual estimate of the world's hungry.

FAO issued its 2012 state of food insecurity report on Tuesday, and its core point was to set the record straight about the number of the world's undernourished people, applying the more accurate data retroactively back to 1990.

And the good news, FAO said, is that the number of hungry people has actually been declining steadily over the past two decades, although progress has slowed since the 2007-08 food crises and the global economic downturn.

THE ASSOCIATED PRESS

By the numbers

2015

The UN Food and Agriculture Organization said if the right action is taken now to boost growth and invest in agriculture, particularly in poor countries, the UN goal of reducing by one-half the number of the world's hungry people by 2015 is very much within reach.

Schoolchildren receive a free midday meal at a government school in Jammu, India, on Tuesday. The UN has revised its startling 2009 announcement that one billion people in the world were hungry. CHANNI ANAND/THE ASSOCIATED PRESS

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GOODNEWSTODAY.CA

IT'S A GOURD THING THERE'S PUMPKIN PIE

JUST SAYIN'
Paul Sullivan
metronews.ca

Who says we're not making progress?

My first journalistic assignment, back in 1812, was to head out to the pumpkin patch and interview some farmer who was trying to grow the world's largest pumpkin.

It was some pumpkin, all right. About 900 pounds. That's a lot of pie.

He was getting ready to haul it to the World's Largest Pumpkin Olympics, or something like that. Sadly, he was defeated by his arch rival who managed to coax an extra few pounds out of his giant gourd.

Since then, the record has been eclipsed annually, and this year, the world-record pumpkin passed the magic one-ton barrier (imperial measurement, please; these guys are traditionalists), as the pride and joy of Rhode Island, farmer Ron Wallace, weighed in at 2,009 pounds.

That's more than twice as much pie.

While pumpkin pundits debate the upper limit and wonder if there is one, it's time to stand back and ask the obvious question: Who cares?

Well, this is not a question you ask around the HQ of the World Pumpkin Confederation or the Yugoslav Gourd Lovers Society, and certainly not at the 1100 Club, populated exclusively by guys who have broken the 1,100-pound barrier.

Frankly, only its grower could love a giant pumpkin. After all, it just sits there, spilling over the scale like Jabba the Hut. It bears no resemblance to those satisfying symmetrical squashes that you cluster across your doorstep. Those are grown by interior designers with bow ties. Hipster pumpkins.

No, growing a one-ton pumpkin is horticultural brute force. You can literally watch them getting larger: 40-50 pounds a day during peak growing season. It takes up to 160 days to grow one of these babies, so you have to start them indoors. And in the fall, when the threat of early frost increases, you'll spend your nights in the patch with your great pumpkin, trying to prevent a pumpkin freezie. Like Linus from Peanuts.

Everything has to be just so: soil, fertilizer, water, disease and pest control, not to mention the correct amount of shade and sunlight.

Of course, Ron Wallace, who also grew the world's biggest in 2006 (a 1,502-pounder), keeps his technique top-secret, which leads you to wonder if Ron's growing his pumpkins around a giant lead weight.

There's more at stake here than mere bragging rights around the Hot Stove League. Wallace has wrested the world title away from Canadians Jim and Kelsey Bryson from Ormstown, Que., who grew an 1,818.5-pounder in 2011.

For one brief shining moment, Canada and giant pumpkins were synonymous.

And, if we adjust the pH balance and the calcium content, 2013 pounds in 2013 is in our grasp! Be like Linus and believe. And keep your fork, because whatever else happens, there will be pie.

Ron Wallace, of Rhode Island, celebrates after tipping the scales with his 2,009-pound record-breaking pumpkin during the New England Giant Pumpkin Weigh-Off at the Topsfield Fair in Topsfield, Mass., Friday, Sept. 28.

PAUL BILODEAU/THE EAGLE-TRIBUNE/THE ASSOCIATED PRESS

Lunch — 100 million years ago

OREGON STATE UNIVERSITY

A stone's throw away

Ancient spider attack fossil found

Scientists have discovered an amazing prehistoric fossil of a spider about to devour a wasp caught in its web.

The preserved event took place in the Hukawng Valley of Myanmar in the Early Cretaceous period between 97-110 million years ago, a time when almost certainly dinosaurs were roaming nearby, scientists say.

METRO

Expert's viewpoint

"This was the wasp's worst nightmare. The wasp was watching the spider just as it was about to be attacked, when tree resin flowed over and captured both of them."

George Poinar Jr.
Oregon State University entomologist

Amber fossilizes

How tree resin captures the past

The tree resin that forms amber is renowned for its ability to flow over flora and fauna, preserving them in near perfection before it later transforms into a semi-precious stone.

At least 15 unbroken strands of spider silk run through the amber piece, and on some of these the wasp was trapped. This is the first fossil ever discovered of a spider attack, scientists note.

METRO

Long, long ago

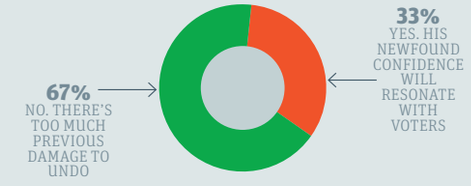
100

million years ago is the approximate time when this spider-wasp encounter occurred. Spiders are ancient invertebrates that researchers believe date back some 200 million years, but the oldest fossil evidence ever found of a spider web is only about 130 million years old. A report about the discovery by Poinar and his team appears in the October edition of journal Historical Biology.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think U.S. presidential contender Mitt Romney will see a first-debate bump?



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@Sean_in_Calgary:
There should be a law for those that wish to tie up traffic for a simple fender bender. Pull into a parking lot FFS! CSI are not coming #yyc

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Some people who ride #yyctransit are really rude. Say excuse me BEFORE you try to push me out of the way, not vice versa #b---htips

metro

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Who made the best Bond?

"I think it's got to be Connery ... because as soon as I was of that age, he was really starting as well. And I just identify Connery with that role. It's always been a great piece of escapism."

Bryan Cranston, star of Breaking Bad.

"I think Casino Royale was really excellent, and I think Daniel is a brilliant Bond, wonderful. A Bond for now, in our world. He's wonderful."

Ralph Fiennes, star of the new Bond flick Skyfall.

More online

- Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall.

The top 12 Bond girls

There's 56 Bond girls out there (give or take), and we've ranked the sexiest. Sexist? Hey, so are the films.

METRO WORLD NEWS

1. Honey Ryder

Ursula Andress, Dr. No

The Swiss miss set the standard for all future Bond girls: She wore a bikini and carried a knife.

2. Pussy Galore

Honor Blackman, Goldfinger

We concur with Bond, who says, when told her name, "I must be dreaming."

3. Xenia Onatopp

Famke Janssen, GoldenEye

She crushes an old man during sex. She hijacks a helicopter. She puts the fatal in femme fatale.

4. MayDay

Grace Jones, A View to a Kill

Bond was an equal-opportunity ladies' man, and wasn't scared off by the statuesque Jones.

5. Mary Goodnight

Britt Ekland, The Man with the Golden Gun

The Swedish bombshell became famous for being with two men: Bond, and her husband, Peter Sellers.

6. Helga Brandt

Karin Dor, You Only Live Twice

She ties Bond down to a chair, and threatens him with some makeshift plastic surgery, holding a knife. Then she kisses him. Deeply. Many times.

7. Solitaire

Jane Seymour, Live and Let Die

The first psychic Bond girl? Surely that's worth something.

8. Jinx

Halle Berry, Die Another Day

An Oscar-winning Bond girl: Was that a first? Nope. See number 12.

9. Vesper Lynd

Eva Green, Casino Royale

A modern-day love interest for modern times. Her back-and-forth with Bond on a train has more sparks than any bedroom scene.

10. Magda

Kristina Wayborn, Octopussy

She has an octopus tattoo in a film called Octopussy. How could we not include her?

11. Anya Amasova

Barbara Bach, The Spy Who Loved Me

This New Yorker called Bond a "chauvinist pig who uses girls to shield him against bullets."

12. Domino Petachi

Kim Basinger. Never Say Never Again

She's not the only Bond girl to have an Oscar but she is the blondest.

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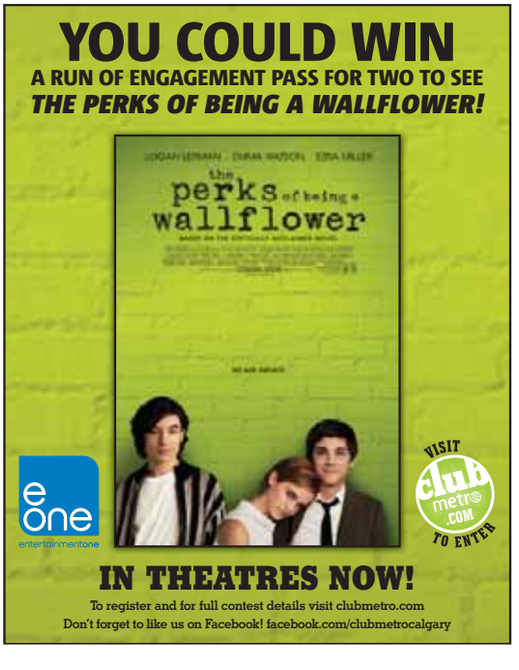
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Escape thrillers more than escapism

New movie. Ben Affleck's Argo joins a long list of movies that make the big break-out sequence their main thrust

IN FOCUS
Richard Crouse
scene@metronews.ca

Ben Affleck stars as Tony Mendez in the escape flick Argo. HANDOUT

It's no spoiler to tell you the action in Argo, the new thriller starring and directed by Ben Affleck, centres around a daring escape. Based on the real life covert operation to free six American diplomats after the seizure of their embassy in Tehran, the movie showcases the cooperation between Canadian diplomat Ken Taylor and the CIA that led to the film's exciting climax.

Even if you already know how the movie ends — and in this case it's a matter of public record — nothing will keep you on the edge of your seat quite like a daring escape.

The big screen version of The Fugitive, starring Harrison Ford as Richard Kimble, a wrongly accused man on the lam from the law, is essentially one big escape sequence. The most famous is the crash between Kimble's prison transport van and a freight train. To film the scene where the wanted man makes his way out of the twisted wreck they actually crashed a van into a train, although the image of Ford jumping from the ruin was added later.

Not surprisingly, some of the best escape movies tip their hand by including the word escape in the title.

The Great Escape sees Steve McQueen lead a cast of Second World War allied POWs who arrange a mass escape from a German camp. Motorcycle enthusiast McQueen refused to sign on to do the movie until a cycle chase was included in the script. The director agreed, and when the scene was shot even allowed McQueen to ride along as a German soldier. In the final, edited sequence McQueen, in disguise, is seen chasing after himself.

Based on a true story, Escape from Alcatraz starred Clint Eastwood as one-third of a team who staged the only successful escape from the island prison. Many of the dangerous looking stunts in the film were as risky as they looked. Director Don Siegel insisted the actors do their own stunts, but twice feared his stars had been lost to the strong currents of San Francisco Bay.

Finally, in Escape from New York, the city is transformed into a giant maximum-security prison.

The twist is one of the prisoners is hired, after the President's plane crashes, to get the Commander-In-Chief out safely. In this one The Great Escape alum Donald Pleasence plays the president, although it's never explained why the U.S. leader has an English accent.

Quote

"Even if you already know how the movie ends — and in this case it's a matter of public record — nothing will keep you on the edge of your seat quite like a daring escape."

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Learning to be a Green Arrow straight shooter

New TV series.
Stephen Amell brings a modern update to the DC Comics avenger character the Green Arrow

AMBER RAY
scene@metronews.ca

Stephen Amell stars as Oliver Queen in the new CTV series Arrow. HANDOUT

After a tragic shipwreck, billionaire Oliver Queen (Stephen Amell) was considered dead. He washed up on a remote island and spent five years honing his survival skills — including his prowess with a bow and arrow — before being rescued.

Back home in Starling City, he quickly realizes the mistakes of his past — and the wrongs of his family. Feigning his former playboy persona by day, he secretly takes on the persona of the vigilante Arrow at night to make amends and bring justice to his hometown.

To nail the physicality of playing the modern update on DC Comics avenger Green Arrow (which premieres tonight at 8 p.m. ET/PT on CTV Two) Amell's training included parkour.

"That was when the training became intensive, because it was all of these muscles that I didn't even know existed, let alone had used before," Amell says.

"My coach, Paul Darnell, was actually the double for Henry Cavill in Superman, and he just had me doing things that I had never even considered immediately. To get (the intense action scenes) into the pilot right away was really cool."

It wasn't all rugged training for the character either. Oliver is a pretty complicated character.

"When I looked at the pilot, I saw four different roles," Amell says. "Normally they break down sort of day-by-day when we're shooting the episodes — I will have a day where it's fake Oliver in the real world right now, and then there will be an island day (flashback), and there's an Arrow day, and (reconnecting with ex-girlfriend) Laurel days. And it's a really fun exercise. It keeps me on my toes."

It was an experience that took a lot of learning on a number of levels.

Prior to taking the role of Arrow, Amell had never picked up a bow and arrow.

"I have a wonderful coach, Patricia Gonsalves, and she started my training by showing me a 45-minute video of all the ways that archery has been done badly on television and in film," Amell says.

"The first thing was getting the form. And I really like archery. I mean, I enjoy practicing it when I have time off. It's an interesting sport."

Quote

"Oliver is coming back from this island, and he clearly has post-traumatic stress disorder. All the talk of super villains and potential nemeses for the Arrow, I think that the most the most imminent danger to Oliver right now is himself."

Stephen Amell
Talking about his character Oliver Queen

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Led Zeppelin refuse to answer reunion questions

THE WORD
Dorothy Robinson
scene@metronews.ca

Don't ask Led Zeppelin if they're getting the band back together.

Numerous reporters tried yesterday at a press conference promoting the release of their concert film, Celebration Day, but the British rock gods dodged and weaved. "We've been thinking about all sorts of things. But we can't remember what we were thinking about," quipped lead singer Robert Plant. John Paul Jones, Jimmy Page and John Bonham's son, Jason Bonham, who played drums on the band's one-off 2007 tribute concert for friend and Atlantic Records founder Ahmet Ertegun, were equally mute on the subject (actually, Bonham never commented one way or another on the topic; he just seemed stoked to be there).

"At this time five years ago we were rehearsing to get to the O2. If you think about the time it gets something like that to get together, it seems unlikely," said Page. He continued: "We were so happy we were getting it right and taking it beyond what we thought we were about that night. To do that four nights a week is a different thing entirely."

But they never said never.

So there is still hope for all you Zepp fans out there. And if you do either catch them live or see the film, keep an eye open for the band's facial expressions. "We used to call ourselves 'The Band of Nods' because if you missed a cue you would nod — that had nothing to do with opiates," said Plant. "And now, we've turned into 'The Band of Middle Aged Grins.'"

Twitter

@taylorswift13
I feel like I'd be more understood if people knew 'I Don't Want to Miss a Thing' by Aerosmith is how most of my emotions sound in my head.

@wossy
Good morning ! I am not feeling well. But I can stay indoors all day and drink tea. So there's the silver lining right there.

@justinbieber
i care

@Joan_Rivers
The good news is that self-driving cars are now legal in California. The bad news is that so are the ones driven by Lindsay Lohan.

Ben Affleck

Ben Affleck not the hit-and-run type

Ben Affleck isn't just a talented actor and director, he's also a responsible citizen. While running errands in Santa Monica recently, the Argo star sideswiped a parked car, knocking off its side mirror, according to Hollyscoop. But unlike some Hollywood starlets we could name, Affleck did the right thing by stopping and leaving a note on the car's windshield. The note read, "Hi, knocked off your mirror! Very sorry! Will cover everything — Ben," followed by his contact information.

Jennifer Aniston

Aniston showing off giant gem on ring finger

Jennifer Aniston is set to marry fiancé Justin Theroux — and she's got the massive engagement ring to prove it.

During a recent afternoon out with Theroux in Santa Fe, N.M. — where Aniston is filming We're the Millers — the actress showed off a giant gem on her ring finger, according to Us Weekly. But while the ring may be plenty flashy, don't expect the wedding itself to be, as sources say Aniston is planning a "destination wedding" with close friends, "kind of like eloping with a few friends. There will be the feeling of a vacation, since that's their favourite thing to do."

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Drink wine in upstate N.Y.

The Finger Lakes region is a lesser-known haven for grape lovers

NOLAN GAWRON
Metro World News

In the Finger Lakes region of upstate New York, there's a growing excitement — literally. Grapes! Wine grapes, to be more specific. The sloping hillsides, lake breezes and a steady summer sun have always provided the picturesque Finger Lakes region with a healthy grape-growing climate. But until recently, the land was primarily used to grow local Concord grapes that were sold to juice companies.

In recent years, younger generations have taken over the family farms and begun experimenting with wine grape varietals. While the yield can be more profitable, the arduous and artistic process is all the more intensive and comes with a higher risk factor. But with continued growth and a respected product that has gained praise and earned prizes all over the world, the shift seems to be working. Now with 109 wineries, the Finger Lakes have helped make New York the third largest wine producer in America.

Even though the area is known for its Cabernet francs, chardonnays, pinot noirs and ice wines, it's riesling that reigns supreme. With a climate similar to its German origins, the varietal has found a second home here. Ranging from dry to sweet, each vineyard in the area produces at least one style of Riesling — some make several — and many have won worldwide Gold Medal honours.

Soak up the wine and the scenery in the Finger Lakes region. ALLEN MCGREGOR/FLICKR

Camaraderie over competition

With a wine trail marked by road signs, vineyard tours and tasting rooms, tourism in the Finger Lakes is increasing. And with several wineries adding inns and high-end restaurants to their properties, many are calling the Finger Lakes the next Napa Valley. Vineyard owners in the area, however, are quick to point out a monumental difference — a unified sense of community. Here it's camaraderie, not competition, since in this region the vineyard owner is often the farmer, the marketer, the salesman and sometimes even the deliveryman. "If someone needs a forklift, we let them borrow ours," says Ted Marks, proprietor of Atwater Vineyards. "And they would do the same for us. People come from all over the world to work here and can't believe that we want to help each other succeed. We do what we do well. And we do it without pretension."

Is Finger Lakes the next Napa Valley? VISIT-FINGERLAKES/FLICKR

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Segway tours are becoming a popular activity at resorts. THE ASSOCIATED PRESS

The perfect getaway: Golf, spa treatments ... and Segway tours?

Travel trend. The often-mocked vehicle of choice for mall cops has found an unlikely surge in popularity at vacation spots

Some couples celebrate their anniversary with a horse-drawn carriage ride. Others rent a romantic cabin in the woods. A few even jet off to Las Vegas and renew their vows in front of Elvis.

Lori Kelly and her husband Gene recently marked their second anniversary by touring the woods of the Omni Bedford Springs Resort & Spa in Bedford, Penn. on a Segway.

"It was absolutely fantastic. It is really the ultimately unique experience especially for people my age," said Kelly, 59. Her husband is 64. "It gives you the flavour of adventure with very little threat of injury."

The Segway, first introduced a decade ago as an alternative mode of personal transportation, is getting a new life at a growing number of resorts around the world. For those not familiar with the two-wheeled electric vehicle, it works like this: Lean forward to move forward. Lean backward to go in reverse. Move the handlebars, and it turns left or right.

The device never quite took off as an everyday way to get around, but it has found a niche replacing city walking tours and helping security guards patrol local shopping malls. And now hotels with sprawling grounds are finding the Segway to be a great way to show guests around their properties. Plus, the devices are still quirky enough to be an attraction in their own right.

"You don't need any special skills to navigate around on it," said Kelly, the executive director of the American Red Cross in West Virginia.

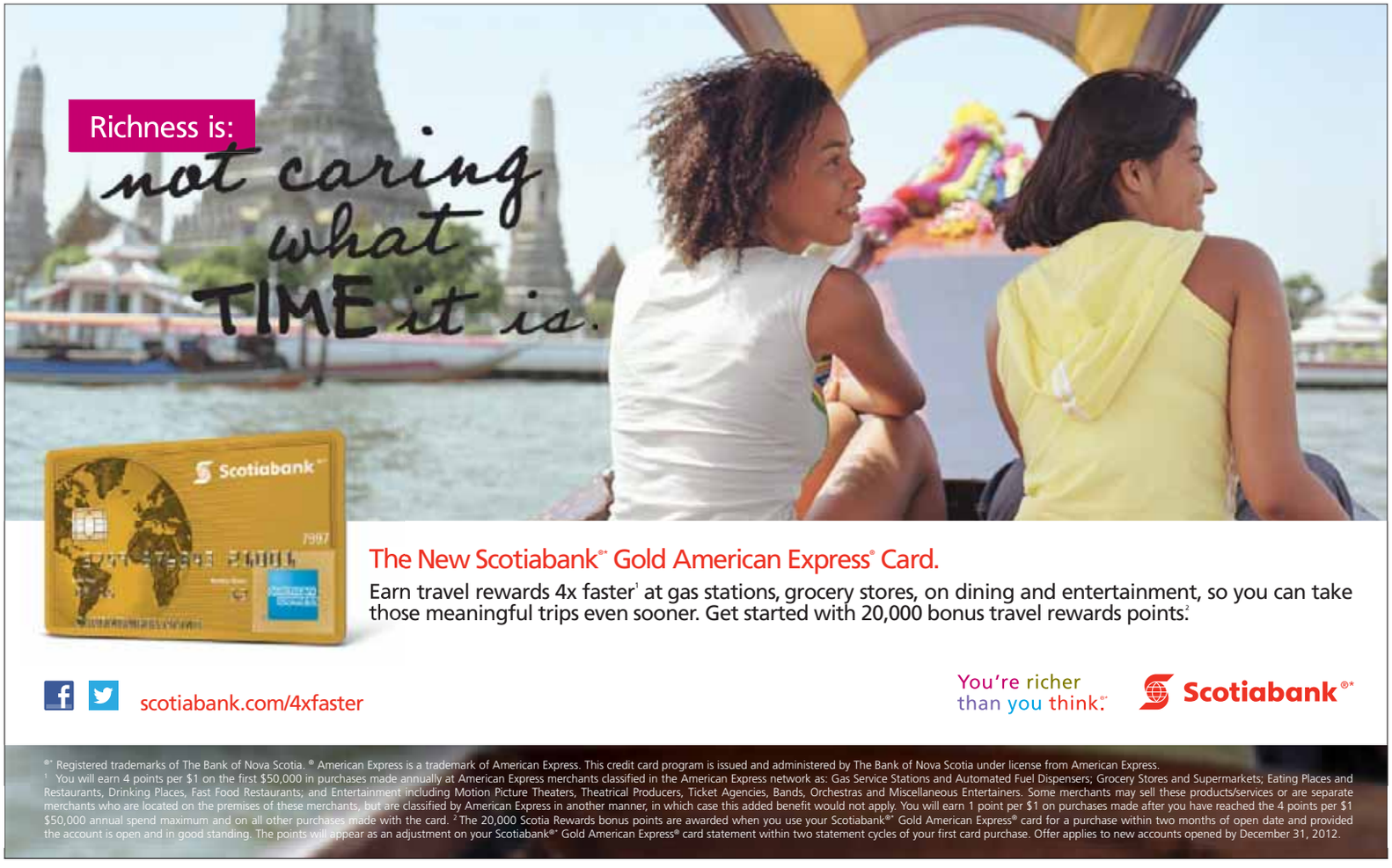
She and her husband travelled in mid-September from their home in Shepherdstown, W.Va. to Pennsylvania resort for a two-night getaway. They shopped, sat by the hotel's fire pits, played horseshoes and had a romantic anniversary dinner.

But what really made the trip unique was the 90-minute, off-road Segway tour for $90.

THE ASSOCIATED PRESS

What's in a Segway tour?

- **Cost.** Prices generally range from $60 to $125 per person.
- **Requirements.** Several resorts have minimum age requirements and only allow guests between a certain weight, generally 100 to 260 pounds.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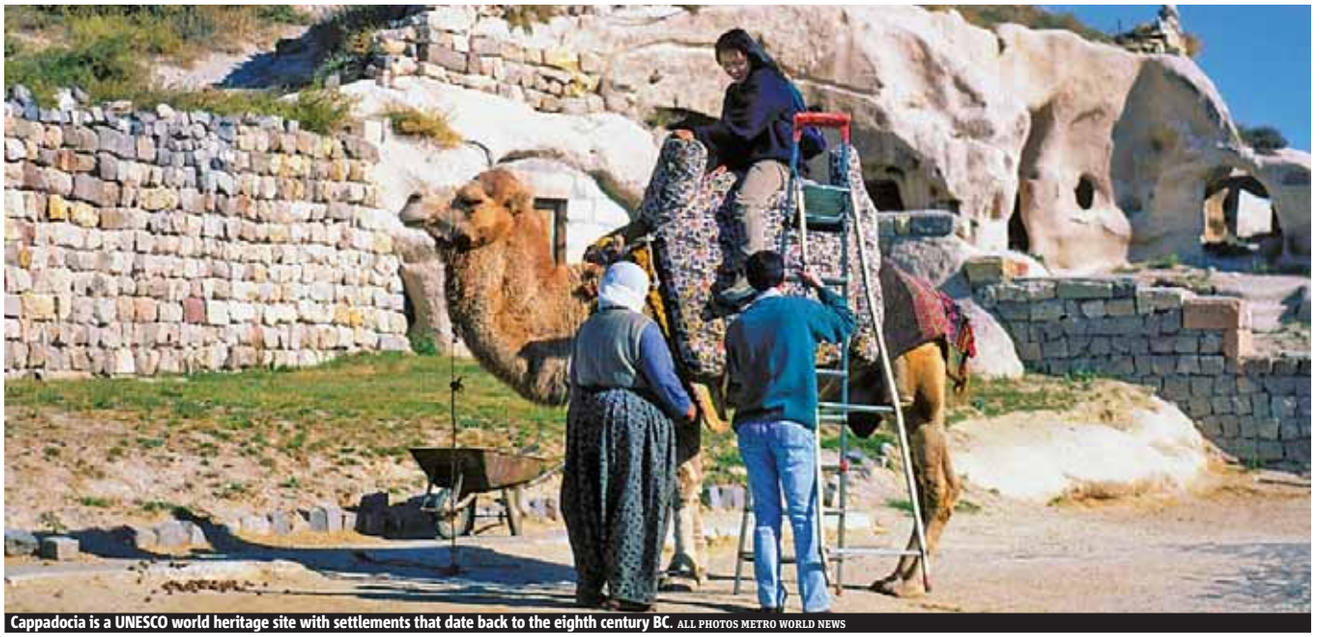
Cappadocia: Back to BC

Float in a hot air balloon and see another world.

HEIDI PATALANO
Metro World News



Cappadocia is a UNESCO world heritage site with settlements that date back to the eighth century BC. ALL PHOTOS METRO WORLD NEWS

There's nowhere else in the world quite like this region in eastern Anatolia, Turkey. Made up of several small villages, Cappadocia (pronounced Kap-a-dokia) is a UNESCO world heritage site. With settlements that date back to the eighth century BC, thousands of years of rich history provide visitors with plenty to see and do, in addition to luxury accommodations and shopping.

Hot air ballooning is a popular activity for visitors to the region. At sunrise, the area is peppered with ascending balloons that overlook the various rock formations.

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See

Natural wonders are the number one attraction in Cappadocia, with unique rock formations of the fairy chimneys (tall, thin spires of sedimentary, or volcanic rock) covering much of the land. While the area has been home to the Hittites, Phrygians, Persians, Romans, Byzantines, Seljuks and Ottomans, it was the early Christians who perhaps left the most fascinating mark in Cappadocia's many caves. There are some 3,000 rock churches in the area, from a time when the early Christians hid in the region to escape persecution. The Goreme Open Air Museum allows visitors to tour the preserved living spaces and chapels, which feature stunningly intricate frescoes of prominent early figures in the church.

Those who aren't claustrophobic should visit the many underground cities in the area. The network of tunnels in the Kaymakli Underground City in Nevsehir extend at least four floors underneath the surface. Archaeologists estimate that the cities were created between the eighth and seventh centuries BC to hide from enemies.

Shop

Ceramics are a specialty of Cappadocia. Omurlu Ceramic in Avanos hosts tourists for a look at how the traditional Hittite designs are hand-painted onto cookware, vases and decanters.

Turkish rugs are one of the prime exports of both this region and the country as a whole. Showrooms will host tourists for a look at how the carpets are made. Expect your host to apply a bit of pressure to purchase some wares, but never accept the first price. Haggling is a necessary part of the transaction.

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Eat healthy and delight your tastebuds — yes, it's possible

Eating a balanced diet is one of the most important factors in achieving a healthy lifestyle. Fortunately, being health-conscious doesn't mean you have to give up the dishes you love.

Canadian chef Stefano Faita is a firm believer in healthy eating, and often relies on his Italian roots for recipe inspiration.

"There is a ton of healthy whole grain pasta options out in the market," he says.

Here he pairs whole grain spaghetti with spicy lamb sauce.

Whole Grain Spaghetti with Spicy Lamb Sauce

This recipe serves four. NEWS CANADA

Ingredients

- 50 ml (1/4 cup) extra virgin olive oil
- 2 cloves garlic, chopped
- 1 sprig rosemary, finely chopped
- 1 ml (1/4 tsp) red pepper flakes (or to taste)
- 300 g (10 oz) ground lamb
- 125 ml (1/2 cup) white wine
- 1 can (540 ml/ 19 oz) diced tomatoes
- Salt, to taste
- 1 box (375 g) Barilla whole grain spaghetti
- 15 ml (1 tbsp) butter
- 175 ml (3/4 cup) grated Pecorino Romano cheese

1. In a large skillet over medium heat, heat olive oil. Add the garlic, rosemary and red pepper flakes, sautéing until garlic turns slightly yellow. Add ground lamb; cook until well browned.

2. Stir in wine and cook for about 1 minute. Add tomatoes with juice and 3/4 cup (175 ml) water; season with salt. Simmer until liquid has evaporated and sauce is thickened. Cover and keep hot.

3. Meanwhile, cook spaghetti according to package directions. Drain and toss with sauce.

4. Stir in butter and cheese before serving.

NEWS CANADA/ BARILLA.CA

Drink of the Week

Memories of summer

As we're well into fall, many of us are missing warmer weather. This Paloma is a classic combination of tequila and grapefruit, reminiscent of summer.

- 2 fresh strawberries
- 45 ml (3 tbsp) tequila
- 15 ml (1 tbsp) fresh lime juice
- 60 ml (4 tbsp) fresh pink grapefruit juice
- 15 ml (1 tbsp) agave nectar
- Ice
- Splash soda water
- Pink grapefruit slice and strawberry half, for garnish

Muddle strawberries. Add tequila, lime, grapefruit juices and agave nectar, and shake well with ice. Strain over ice in a tall glass. Top with soda water. Garnish with a slice of pink grapefruit and half a strawberry.

THE CANADIAN PRESS/ MILAGRO TEQUILA

What would you build if you won $1,000? Would you use it to connect to a great community?
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Drilling your way to a dream job

It's a gas. An expert spills secrets on an exciting and changing industry

CASSANDRA JOWETT
TalentEgg.ca

Technology. Sustainability. Mobility. Those are the top three reasons now is a really exciting time for students and recent grads to start careers in the oil and gas industry, according to Cheryl Knight, executive director and CEO of Petroleum Human Resources Council of Canada.

Knight knows the industry better than most, so we asked her what she thinks the most exciting things about the petroleum sector are right now.

Technology

"I think what I find most interesting is how much of a role technology is playing in creating changes in the industry," she says. "Changes including how the work is done, how the production of oil and gas happens, and what the jobs are. We are seeing that technology and being technology proficient is really an important part of the industry."

She cites the development of Alberta's oil sands as an example: In past, operations in the oil sands were primarily mining — large shovels would dump the oil sand into trucks to be taken to be crushed and processed into oil. This method is slow and inefficient, and can only extract oil sand up to 75 metres below ground.

Today, more than 80 per cent of oil sands development uses in-situ drilling — a thermal technology known as steam assisted gravity drainage (SAGD). The high-tech SAGD process allows petroleum producers to access reserves that are much deeper in the earth and recover a higher percentage of the oil contained in the sand.

"The reason [the oil sands] is growing so big is because of the technology," Knight says.

Another example is the use of directional drilling and hydraulic fracturing.

"It enables the industry to use one very expensive, highly technologically-advanced rig and rig pad, reducing the surface impact," she says. "You have one rig that spends a lot of time drilling in a variety of directions while it stays in the same place. The rig doesn't move."

Green on the scene: The gas and oil industry is hiring more environmental experts than ever before. ISTOCK

All of this high-tech equipment requires specialized technicians, technologists and skilled tradespeople to build, operate and maintain it, creating many new jobs for people with the most up-to-date education and technical skills.

Sustainability

No, sustainability is not a four-letter word in oil and gas. In fact, says Knight, environmental sustainability has woven itself into every single job in the industry.

"I don't go anywhere or to any meeting where people in the industry aren't aware of the footprint on the land — they're concerned about things like carbon emissions and water consumption," she says. "It's part of our industry — the environment is part of oil and gas."

As interest in environmental sustainability within the petroleum sector grows, so does the demand for people who are qualified to help oil and gas companies monitor, manage and improve their impact on the environment.

"These sorts of things are really opening up a variety of career opportunities," Knight says.

Experience that expands

"A person isn't pigeonholing themselves by joining the oil and gas industry. On the contrary — the skills will transfer quite well to the natural resource sector as well as government, communications and stakeholder relations organizations."
Cheryl Knight

Mobility

While the oil and gas sector is probably going to be where it's at for the foreseeable future — there are more than 500,000 people employed directly and indirectly in the oil and gas industry now, and it is estimated that the oil sands alone will support 905,000 jobs by 2035 — starting your career in the industry doesn't mean you're stuck in it (or your first job or location) forever.

"A person isn't pigeonholing themselves by joining the oil and gas industry," Knight says. "On the contrary — the skills will transfer quite well to the natural resource sector as well as government, communications and stakeholder relations organizations."

Plus, since you will have the opportunity to work with so many different people and organizations in your oil and gas job, you'll develop a strong professional network across a wide variety of locations and sectors that could really take you places.

"It's a really great industry; it provides a real combination of field work and office work, and I think that's appealing to a lot of people," she adds. "

Many companies operate in multiple countries and they're looking for people who want to travel the world while they're working."

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PET LOGIC

NINE IMPORTANT CONSIDERATIONS TO PONDER BEFORE YOU DECIDE TO ADOPT A PET

"When you get a pet, it's like you are inviting a new member into your family," says Michael Sullivan, executive director, Humane Society of Canada. Here are nine important considerations before your family makes the commitment.

1 COST. According to Sullivan, a cat or dog costs on average $1,500 per year (for the initial spay or neuter, vaccinations, food and other health costs). Exotic pets may be inexpensive but their ongoing needs will add up, too.

2 LIFE SPAN. Be aware that a cat can live up to 20 years, explains Dr. Jean Gauvin, a small animal practitioner in Lachine, Que., and vice-president of the Canadian Veterinary Medical Association, while a small dog can live about 12 years, a parrot more than 30, a rabbit 12, and a hamster may live four years.

3 SCHEDULE. Dogs, especially puppies, require a lot of your time for training and daily walks. Cats are easier because they don't need training outside of litter training. Most exotic pets (gerbils, reptiles, fish, and birds) will need daily care.

4 LIFESTYLE. If you are active, an active dog breed makes sense. But what will you do if you are someone who travels a lot? Gauvin says for shorter jaunts, a cat and exotic animal may be easier to leave or have looked after.

5 FUR. If someone in the family is allergic, consider a poodle or other non-shedding dog, says Gauvin. Or consider a lizard or snake.

6 SPACE. A small dog or cat might be best suited for a condominium or apartment while a Great Dane might better suit a home in the country. Exotic pet cages and aquariums will need a dedicated place in your home, too.

GETTING YOUR PET

If you don't purchase a full bred animal from a reputable breeder, adopt an animal from a shelter, rescue group, humane society or local pound.

7 FOOD. Sixty per cent of what you spend on a dog will be for food. Consider that a rabbit needs fresh vegetables while a cat is happy with canned food. Some exotic pets need special food — snakes eat mice while lizards love crickets.

8 EXPERIENCE. If this is your first pet, do your research, says Sullivan. Some dog breeds are easier to manage than others. For example, border collies need to be kept busy while a Shih Tzu doesn't. Cats are more self sufficient, says Sullivan. Most birds need time out of their cages.

9 AGE. If you get a puppy or kitten, you will have more work to do in the first year. A young adult dog or cat is less work — and you are saving an animal life.

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ISTOCKPHOTO/THINKSTOCK

PROTECT YOUR PET FROM ICE AND SNOW

AT PAWS PET FOOD

Cold weather does not have to mean the end of playing outdoors for your pet this winter.

Whether it is boots to protect your dog's feet in the snow and ice, heated water bowls to prevent frozen water dishes, or jackets and sweaters to keep your pets warm, Paws Pet Food has all the items you need to keep your dogs happy, healthy and pain free all winter long.

"While we are beginning to bundle up and prepare for the weather, our pets also need to be protected from the cold," says Danielle Howatt, store manager at Paws Pet Food's 17th Avenue location.

"Regardless of the weather, dogs still need to get outside for daily exercise, and every winter here at Paws Pet Food we have loving dog owners come into our stores who are concerned about protecting their dogs from the snow and ice."

Paws Pet Food has been helping customers feed and protect their customer's pets from Calgary's unpredictable weather for the last 25 years.

"The staff at both Paws Pet Food locations have worked tirelessly to ensure that each customer leaves the store feeling like they have come into a place that truly cares about them and their animals," says Howatt.

"We believe that the people we serve each and every day are not just our customers, they are part of our family and we treat them like so."

For more information about Paws Pet Food and Accessories, visit either the 17th Avenue or Haysboro location, or online at pawspetfood.ca.

LET ROVER COME OVER FOR A SLEEP OVER

Sleepovers are not just for children, but your dog can enjoy them, too.

At Sleep Rover Doggie Hotel & Daycare, your dog can enjoy a kennel- and cage-free sleepover, where they are free to mingle and socialize with other dogs with minimal stress.

"Dogs are a pack animal, and socializing dogs earlier is important for their mental well-being, as well as yours," says Joyce Kao, owner of Sleep Rover.

"At the end of the day, when the parents pick them up, the dogs are happy, socialized with different dogs and, best of all, a different environment than their home or daily walk."

Dogs who check in at Sleep Rover receive human interaction around the clock, are consistently rotated outside and encouraged to play with other dogs in a calm environment so everyone is safe and having fun.

Unlike a regular child's sleepover full of junk food, Sleep Rover encourages clients to feed their dogs nutritious meals. The Sleep Rover boutique only stocks items that it feeds its own animals.

"Clients bring their own food for Sleep Rovers, but we do encourage them to feed them what we have, which is the best," Kao says.

"Just like fast food might be convenient and quick, but feeding as close to the natural form is the best. Our advice, if you cannot understand more than a third of the ingredients in your pet's food, you should consider looking at other sources."

The dog-loving staff at Sleep Rover also posts regular playtime photos on its Facebook page for customers.

For more about Sleep Rover, visit 99 Skyline Cres. NE, or sleeprover.ca.

SLEEP ROVER PHOTO

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TEACHING DOGS NEW TRICKS

BOWDOG CANINE SPECIALISTS HELPS YOUR PET BUILD RELATIONSHIPS

Getting out and making new friends is just as important to dogs as it is to people, says Hailey Seidel, owner of BowDog Canine Specialists.

BowDog has been in the business of building relationships and fun, safe environments for dogs to socialize in Calgary since 2007.

"Socialization occurs with other dogs, different people and new environments," says Seidel.

As Calgary's largest pet care company, BowDog services nearly the entire city and has expanded to offer boarding services.

"With many of our clients looking to board their pet with a company that knew their dog and fulfilled its basic needs of exercise and socialization, we saw the need to create a facility for dogs geared towards just that, a facility dedicated to social care for active and happy dogs," says Seidel.

Seidel recommends a few tools to keep your dog safe and comfortable in the socialization process.

First, she suggests investing in a sturdy leash and properly fit anti-slip collar to prevent your dog from panicking and pulling out of its collar in new environments.

"Some dogs may be tempted to flee in stressful situations and this will ensure your dog stays safe and secure," says Seidel.

Another helpful tool she suggests is a crate, to teach your dog boundaries and build confidence.

"If your dog is comfortable in its crate, it's likely comfortable anywhere their crate is taken, whether it's to a kennel for boarding, an airplane for travel, the mountains for camping or a friend's house for a sleepover," says Seidel.

Even sending your dog to daycare or to a dog walker can be great ways to socialize your dog.

"Daycare provides an opportunity to expose your dog to a variety of staff that can provide a positive socialization experience in a new and stimulating environment," says Seidel.

"Dog walking provides a more intimate service with a recurring service provider caring for the pet from the comfort of its home."

Seidel does mention there can be risks in socializing your dog, much like there would be sending your child to school.

"Health and safety risks exist everywhere, but the benefits of socialization and group care should outweigh the risks, properly socialized pets lead long and happy lives," says Seidel.

For more about BowDog, stop by 6909 Farrell Rd. SW, or bowdog.ca.

BOWDOG FACILITY IS DEDICATED TO DOGS

BowDog is the largest inner city facility in Western Canada with more than 40,000 square feet of space dedicated to Calgary's dogs.

BowDog's bed and breakfast and daycare services include access to the 15,000-square-foot fenced off-leash park and two walks per day.

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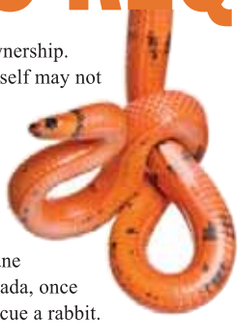
EXOTIC PETS REQUIRE EXTRA CARE

Whether it's tropical fish, parakeets, parrots, chinchillas, ferrets, turtles, snakes or lizards, exotic pets go in and out of fashion ... and that's definitely not the reason to get one.

Consider that:

• These animals have been removed from the wild and most do not do well as pets, according to the Sir James Dunn Animal Welfare Centre, University of Prince Edward Island. Iguanas, for example, are one of the most frequently purchased exotic pet, and the centre reports that it's thought that most die within the first year of ownership.



• The animal itself may not cost much, but food, cages, etc., will add up. Michael Sullivan, executive director, Humane Society of Canada, once paid $50 to rescue a rabbit. After he bought the hutch, litter box and other paraphernalia, he spent closer to $500.

• These animals are going to grow — and you need to be prepared for that. For example, a turtle will start out fitting in the palm of your hand and grow to the size of a dinner plate. When you choose an aquarium for fish, whatever size you choose, double it.

• An exotic animal needs their space. Dr. Jean Gauvin, a small animal practitioner in Lachine, Que., and vice-president of the Canadian Veterinary Medical Association, says a macaw needs a whole room. "You cannot keep a bird like that in a cage." A snake needs a large terrarium. A six-foot-long iguana needs tropical space. Some small lizards need a temperature controlled environment of 37 C.

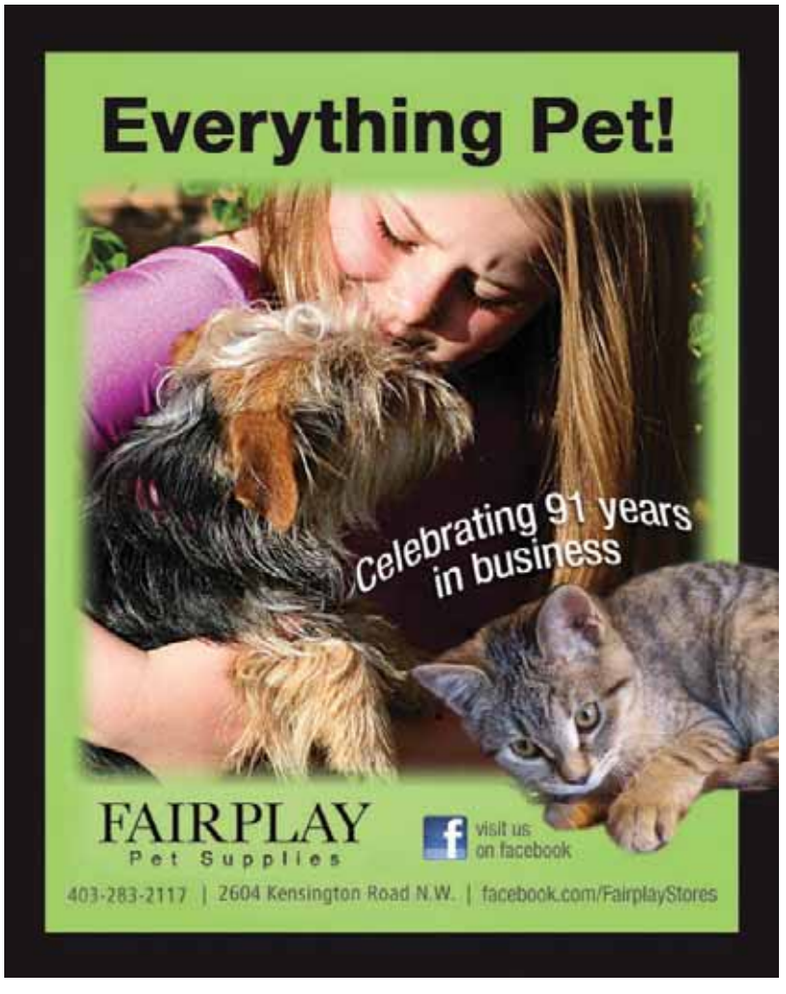
STILL WANT AN EXOTIC PET?

Sir James Dunn Animal Welfare Centre recommends that you:

• Ask a lot of questions — and check with provincial department of fisheries and wildlife to find out if the pet is legal, what the animal's needs are, where to find a vet that has expertise to care for the animal and any dangers. Remember, many may carry parasites or infections that can be transmitted. Turtles, snakes and iguanas may carry salmonella.

• Find a reputable supplier — be sure to find out how long they have worked with the species, ensure that the animal has been bred in captivity and that the supplier has necessary permits. Never buy over the Internet because you can't assess health and environment.

• Alternatively, instead of owning an exotic pet, Kim Elmslie at the Canadian Federation of Humane Societies, suggests supporting an animal sanctuary. "If you have money and a love for exotic animals, you can put it towards an endowment to help build larger cages at the sanctuary." Alternatively, she suggests contacting the local SPCA and letting them know you want to help out or foster an animal when they have large seizures.



YOUR ONE-STOP PET SUPPLY STORE

FAIRPLAY STORES HAS ALL YOUR PET NEEDS

It's known as the pet owner's general store — a one-stop shop for food, supplies and pet accessories serving Calgary since 1921. Fairplay Stores is indeed a successful pet supply business, but it's the care, honesty and product knowledge shown by its longtime employees that is the pride of this family-run business.

"Our staff knows most of the customers, and their pets, by name," says store owner Christine Nurse. "We care, we know our products and we listen to people's needs."

Nurse says the 91-year-old company carries only premium and super premium brands of dog and cat foods — no grocery brands here. Quality brands include Petcurean Acana and Innova, among others.

But Fairplay is also well-known as a supplier for all small pets, including companion birds and backyard friends like squirrels and wild birds. To that end, the store carries a large selection of bird seeds and grains in bulk barrels and bags up to 50 pounds. There's wild bird feed and feeders, suet, and even bulk peanuts in and out of the shell, appreciated by squirrels and blue jays alike.

Nurse says the pet supply business is different than when she first started as a child, dusting store shelves for her aunt and uncle. Back then, dogs and cats stayed outside, and ate only dry dog food and some table scraps. Today, Nurse says pets are part of the family, taken care of with health supplements, toys and treats. "That side of the industry is huge now," she says.

ZOONAR/THINKSTOCK

Fairplay Stores is located at 2604 Kensington Rd. NW. For more, call 403-283-2117 or visit fairplaystores.com.

Hockey

Hasek's hope for NHL return fading

Dominik Hasek appears to be done with hockey after giving up hope of another return to the NHL.

The 47-year-old goalie resumed training ahead of this season hoping to get picked up by an NHL club, but told Czech daily Sport on Tuesday that it is "very unlikely" he would play again after no team offered him a contract amid the current lockout.

Hasek was twice named the NHL's MVP, and took home the Vezina Trophy six times. He announced his retirement in 2002 after winning his first Stanley Cup with the Detroit Red Wings, but came back and then retired from the NHL again in 2008.

THE ASSOCIATED PRESS

Dominik Hasek speaks on Sept. 5 in Pardubice, Czech Republic. THE ASSOCIATED PRESS FILE

Tennis

Raonic opens strong in Shanghai

Canada's Milos Raonic reached the second round of the Shanghai Masters, beating Australian qualifier Marinko Matosevic 7-6 (4), 6-3 on Tuesday.

The 12th seed from Thornhill, Ont., fired 14 aces past Matosevic and won the match in one hour 28 minutes. Raonic will face former Grand Slam finalist Marcos Baghdatis of Cyprus in the second round.

THE CANADIAN PRESS

Cap in hand: Salary structure in jeopardy?

NHL lockout. Fehr says extended lockout could cause NHLPA to reassess playing under salary cap

Donald Fehr expressed some hope that collective bargaining talks this week would help lead to some resolution.

But he also made it clear in an hour-long meeting with the Torstar News Service editorial board that the longer the NHL lockout lasts, the less happy the players will be playing under a salary cap.

"If this goes on for an extended period of time, I don't know what they (the players) are going to do. But I think it's safe to say, they would be exploring all options," said Fehr.

He added the players can live with a salary cap if an agreement can be reached quickly.

"Where the players are, they want to make a deal," Fehr said. "Even though the owners' proposal went as far away from the players as they could, the players did not respond in kind. They made a proposal which moved in the owners' direction. If there can be an agreement in a relatively short term, which puts the pieces back together and gets the season going, I think the players can live with that."

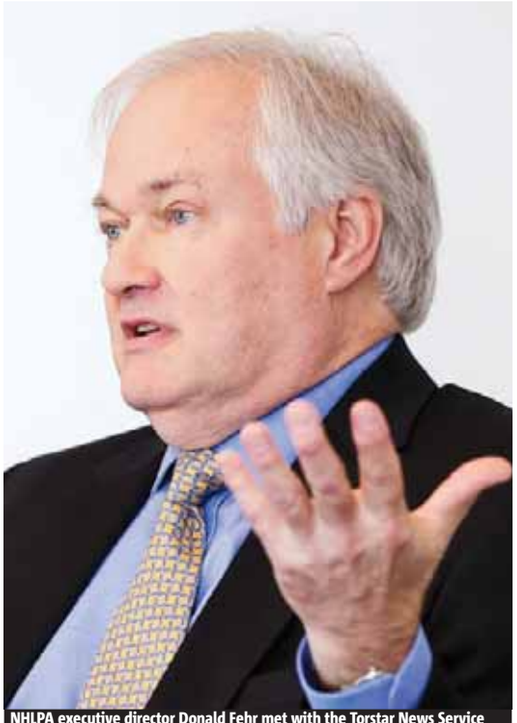
Fehr fell short of calling for the salary cap to be scrapped outright — something that would put the NHL and the players further apart. But it was a reminder to commissioner Gary Bettman and the owners — on the eve of new talks with the league on non-core economic issues — that things can get ugly in a hurry.

"I hope we can continue to make some progress on what we call the non-core economic issues and I hope we can have discussions that can spark a new round of significant talks on the core economic issues," said Fehr.

NHL deputy commissioner Bill Daly said the league has heard the association's threats related to the salary cap before.

"Ultimately, it's their call," Daly said in an email to Torstar News Service. "Hopefully, we all want a quicker resolution to this negotiation than a longer one. How the PA ultimately decides to deal with that issue will be very telling."

TORSTAR NEWS SERVICE



NHLPA executive director Donald Fehr met with the Torstar News Service editorial board on Tuesday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Quoted

"In basketball (when the NBA locked out its players last season) they played 75, 80 per cent of the season starting as late as Christmas. I do hope we start many weeks before Christmas."

NHLPA executive director Donald Fehr on Tuesday. Fehr declined to predict when he thought the NHL season might begin.

Dates to watch

Oct. 19
Potential date of the next round of game cancellations.

Nov. 10
Hall of Fame Game weekend, first big weekend for league on a national scale.

Nov. 23
Black Friday on U.S. Thanksgiving weekend — also the date NBC was to kick off its TV broadcast schedule; a very important date for the NHL.

Dec. 7
Another round of cancellations? Pretty well the latest hold-out date before cancelling the Winter Classic.

Dec. 21
If two more weeks are scrapped here, start thinking about the integrity of season.

Jan. 1
Winter Classic — Toronto vs. Detroit at Ann Arbor, Mich.

Jan. 11
Date the 1994-95 lockout ended, salvaging a 48-game season.

Jan. 18
Be very pessimistic about the season, if there's another round of cancellations.

Feb. 16
Date the 2004-05 season was cancelled.

4 SPORTS

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Giants relief pitcher Sergio Romo reacts after the final out of Game 3 on Tuesday night in Cincinnati. JONATHAN DANIEL/GETTY IMAGES

Reds' big gaffes allow Giants to stay alive

MLB. San Francisco lives to play another game despite picking up just three hits, striking out 16 times

Game 3

Giants	Reds
2	1

Hardly able to get a hit, the San Francisco Giants used a misplayed grounder to prolong their NL playoff series.

Third baseman Scott Rolen's two-out error in the 10th inning gave the Giants the go-ahead run Tuesday night in a 2-1 victory over the Cincinnati Reds, who couldn't shake 17 years of home post-season futility.

The Giants avoided a sweep in Game 3, cutting their division series deficit to 2-1.

Rolen, an eight-time Gold Glove winner, couldn't come up with Joaquin Arias' short-hop grounder, bobbled it and threw late to first.

"I've gone through the play many times in my mind between then and now, and I think I would play it the same way," Rolen said. "It hit my glove. I just couldn't get it to stick."

The Giants managed only three hits against Homer Bailey and Reds relievers, but got two of them in the 10th — along with a passed ball by Ryan Hanigan — to pull it out. San Francisco won despite striking out 16 times.

"We kept scratching and clawing down two games to none," reliever Jeremy Affeldt said. "That's the way it is in the playoffs."

Cincinnati finished with four hits, just one after the first inning.

Left-hander Barry Zito will pitch Game 4 on Wednesday for the Giants, who have won the last 11 times he started. The Reds have to decide whether to try ace Johnny Cueto, forced out of the opener in San Francisco on Saturday with spasms in his back and side.

Manager Dusty Baker said after the game that they hadn't decided whether to let Cueto try it, bring back Mat Latos on short rest again, or replace Cueto with Mike Leake, who wasn't on the division series roster.

Replacing Cueto would leave the Reds ace ineligible to pitch in the championship series should the Reds get that far.

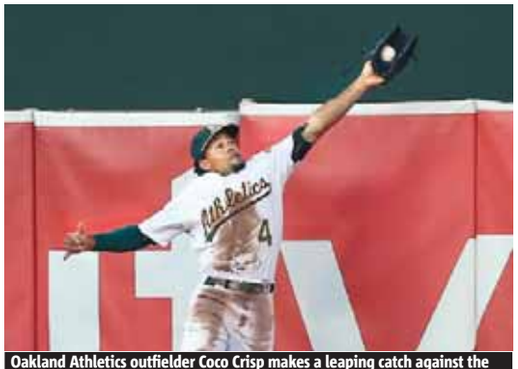
THE ASSOCIATED PRESS

Still waiting

Cincinnati hasn't won a home playoff game in 17 years.

- The Reds won back-to-back World Series in 1975-76 and in 1990 swept Oakland to win another.
- Since then they've been swept by Atlanta in the 1995 NLCS, lost a one-game playoff for the wild card to the Mets in 1999 and got swept by the Phillies in the NLDS in 2010.

MLB. A's avoid sweep by silencing Tigers' bats


Oakland Athletics outfielder Coco Crisp makes a leaping catch against the Detroit Tigers in Oakland on Tuesday. EZRA SHAW/GETTY IMAGES

These Oakland Athletics never count themselves out — down and doubted is their dogma.

Brett Anderson outduelled fellow post-season first-timer Anibal Sanchez and the upstart A's were stellar on defence all over the diamond, avoiding another playoff sweep by Detroit by beating the Tigers 2-0 Tuesday night in their AL division series.

The A's cut their deficit in the best-of-five matchup to 2-1.

Coco Crisp saved a likely home run by Prince Fielder with a leaping catch at the top of the centre-field wall in the second — and the A's will play another day in this improbable season full of remarkable rallies.

Yoenis Cespedes hit an RBI single in the first inning and Seth Smith homered later. That was plenty on a night Triple Crown winner Miguel Cabrera, Fielder and the Tigers' high-priced offence were shut down by the low-budget A's.

Tigers 16-game winner Max Scherzer will try to close out the series in Game 4 Wednesday night against A's rookie A.J. Griffin. Detroit swept the A's in the 2006 AL championship series.

THE ASSOCIATED PRESS

Sports in pictures

1 NBA. Mavericks come up small without Nowitzki in Barcelona

Dallas guard Darren Collison, right, drives against FC Barcelona's C.J. Wallace during an exhibition game on Tuesday in Barcelona, Spain. A swollen right knee kept Dirk Nowitzki out of the Mavericks' 99-85 loss, with Pete Mickeal and Juan Carlos Navarro each scoring 19 points for the 17-time Spanish champions. THE ASSOCIATED PRESS

2 NFL. 'No question': Jets are sticking with QB Sanchez

Mark Sanchez is staying put as the New York Jets' starting quarterback. Despite struggling again in a 23-17 loss to the Houston Texans on Monday night, Sanchez is still Rex Ryan's guy — despite many fans and media suggesting a switch to Tim Tebow could help the Jets (2-3).

"Yeah, no question," the Jets coach said Tuesday without hesitation when asked if Sanchez remains the team's starter. THE ASSOCIATED PRESS

3 NFL. Goodell issues new player discipline in bounty matter

NFL commissioner Roger Goodell upheld the suspensions of Jonathan Vilma and Will Smith on Tuesday for their role in the New Orleans Saints bounty scandal and reduced penalties for Scott Fujita and Anthony Hargrove. Though an appeal panel created by the NFL's labour agreement vacated the original suspensions on technical grounds, Goodell ruled he was sticking with his decision to suspend Vilma for the season and Smith for four games.

THE ASSOCIATED PRESS

4 MLB. Cardinals take left-hander Garcia off of playoff roster

The St. Louis Cardinals removed Jaime Garcia from their NL division series roster Tuesday, a day after he lasted only two innings in his Game 2 start because of an ailing shoulder. An MRI revealed that the left-hander has a strained rotator cuff and inflammation in his throwing shoulder. He'll be replaced by rookie right-hander Shelby Miller.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

PLAYOFFS

All Times Eastern

AMERICAN LEAGUE

DIVISION SERIES

(Best-of-5)

N.Y. YANKEES VS. BALTIMORE

(Series tied 1-1)

Monday's result

Baltimore 3 N.Y. Yankees 2

Sunday's result

N.Y. Yankees 7 Baltimore 2

Wednesday's game

Baltimore (Gonzalez 9-4) at N.Y. Yankees (Kuroda 16-11), 7:37 p.m.

Thursday's game

Baltimore (Saunders 3-3) at N.Y. Yankees (Hughes 16-13), 7:37 p.m.

Friday's game

x-Baltimore (Hammel 8-6) at N.Y. Yankees (Sabathia 15-6), 5:07 p.m.

OAKLAND VS. DETROIT

(Detroit leads series 2-1)

Tuesday's result

Oakland 2 Detroit 0

Sunday's result

Detroit 5 Oakland 4

Wednesday's game

Detroit (Scherzer 16-7) at Oakland (Griffin 7-1), 9:37 p.m.

Thursday's game

x-Detroit (Verlander 17-8) at Oakland (Parker 13-8), 9:37 p.m.

NATIONAL LEAGUE

DIVISION SERIES

(Best-of-5)

WASHINGTON VS. ST. LOUIS

(Series tied 1-1)

Monday's result

St. Louis 12 Washington 4

Sunday's result

Washington 3 St. Louis 2

Wednesday's game

St. Louis (Carpenter 0-2) at Washington (Jackson 10-11), 1:07 p.m.

Thursday's game

St. Louis (Lohse 16-3) at Washington (Detwiler 10-8), 4:07 p.m.

Friday's game

x-St. Louis (Wainwright 14-13) at Washington (Gonzalez 21-8), 8:37 p.m.

CINCINNATI VS. SAN FRANCISCO

(Cincinnati leads series 2-1)

Tuesday's result

San Francisco 2 Cincinnati 1 (10 innings)

Sunday's result

Cincinnati 9 San Francisco 0

Wednesday's game

San Francisco (Zito 15-8) at Cincinnati (Latos 14-4), 4:07 p.m.

Thursday's game

x-San Francisco (Cain 16-5) at Cincinnati (Cueto 19-9), 1:07 p.m.

x — played only if necessary.

ATHLETICS 2, TIGERS 0

Detroit	ab	r	h	bi	Oakland	ab	r	h	bi
Jackson cf	3	0	0	0	Crisp cf	4	1	1	0
Infante 2b	4	0	0	0	Drew ss	2	0	0	0
Cabrera 3b	4	0	1	0	Cespedes lf	4	0	1	1
Fielder 1b	4	0	0	0	Moss 1b	3	0	0	0
Young dh	3	0	1	0	Reddick rf	3	0	0	0
Peralta ss	2	0	2	0	Donaldson 3b	3	0	2	0
Dirks lf	3	0	0	0	Smith dh	3	1	1	1
Garcia rf	3	0	0	0	Norris c	3	0	0	0
Laird c	3	0	0	0	Pennington 2b	2	0	0	0
Totals	**29**	**0**	**4**	**0**	**Totals**	**27**	**2**	**5**	**2**

Detroit	000	000	000	**—0**
Oakland	100	010	00x	**—2**

LOB—Detroit 4, Oakland 4. DP—Detroit 1. Oakland 2. HR—Smith (1).

Detroit	IP	H	R	ER	BB	SO
Sanchez L, 0-1	6 1-3	5	2	2	2	3
Dotel	2-3	0	0	0	0	1
Coke	2-3	0	0	0	1	0
Porcello	1-3	0	0	0	0	0
Oakland						
Anderson W, 1-0	6	2	0	0	2	6
Cook H, 1	1	1	0	0	0	1
Doolittle H, 1	1	0	0	0	0	3
Balfour S, 1	1	1	0	0	0	1

Umpires—Home, Dana DeMuth; First, Eric Cooper; Second, Wally Bell; Third, Scott Barry. **T**—2:33. **A**—37,090 (35,067) at Oakland.

CALENDAR

Oct. 24 — World Series begins in city of National League champion.

November TBA — Deadline for teams to make qualifying offers to their eligible former players who became free agents, fifth day after World Series.

GIANTS 2, REDS 1 (10 INNINGS)

San Francisco	ab	r	h	bi	Cincinnati	ab	r	h	bi
Pagan cf	3	0	0	1	Phillips 2b	5	0	1	0
Scutaro 2b	4	0	1	0	Cozart ss	4	1	0	0
Sandoval 3b	4	0	0	0	Votto 1b	2	0	0	0
Posey c	4	1	1	0	Ludwick lf	3	0	1	0
Pence rf	4	0	1	0	Bruce rf	3	0	1	1
Belt 1b	4	0	0	0	Rolen 3b	4	0	1	0
Blanco lf	1	1	0	0	Hanigan c	4	0	0	0
Nady ph-lf	2	0	0	0	Stubbs cf	4	0	0	0
Crawford ss	1	0	0	0	Frazier ph	1	0	0	0
Arias ph-ss	2	0	0	0	Paul ph	1	0	0	0
Huff ph	1	0	0	0					
Theriot ph	1	0	0	0					
Totals	**31**	**2**	**3**	**1**	**Totals**	**31**	**1**	**4**	**1**

San Francisco	001	000	000	**1**	**—2**
Cincinnati	100	000	000	**0**	**—1**

E—Rolen. LOB—Cincinnati 7, San Francisco 4. SB—Phillips (1). S—Vogelsong. SF—Pagan.

San Francisco	IP	H	R	ER	BB	SO
Vogelsong	5	3	1	1	3	5
Affeldt	2	1	0	0	0	1
Casilla	2-3	0	0	0	1	1
Lopez	1-3	0	0	0	0	0
Romo W, 1-0	2	0	0	0	0	0
Cincinnati						
Bailey	7	1	1	1	1	10
Marshall	1	0	0	0	0	1
Chapman	1	0	0	0	0	2
Broxton L, 0-1	1	2	1	0	0	3

PB—Hanigan. **HBP** — Bruce. Blanco.

Umpires — Home, Gerry Davis; First, Dan Iassogna; Second, Tom Hallion; Third, Chad Fairchild.

T — 3:41. **A** — 44,501 (42,319) at Cincinnati.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto FC	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
FC Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.

Sunday's results

Columbus 1 Kansas City 1

Chivas USA 1 FC Dallas 1

Seattle 3 Portland 0

Wednesday's game — All Times Eastern

Real Salt Lake at Seattle, 11 p.m.

Saturday's games

Montreal at Toronto, 1:30 p.m.

Kansas City at New York, 7 p.m.

Columbus at D.C., 7:30 p.m.

Chicago at New England, 7:30 p.m.

Philadelphia at Houston, 7:30 p.m.

Colorado at Chivas USA, 10:30 p.m.

Sunday's games

Portland at Vancouver, 7 p.m.

Los Angeles at San Jose, 7 p.m.

Dallas at Seattle, 9 p.m.

NBA

PRE-SEASON

Tuesday's results

Chicago 92 Memphis 88

New Orleans 97 Charlotte 82

At Barcelona, Spain

FC Barcelona Regal 99 Dallas 85

At Canton, Ohio

Milwaukee 97 Cleveland 80

Monday's result

Golden State 83 Utah 80

Wednesday's games

All Times Eastern

Toronto at Detroit, 7:30 p.m.

Oklahoma City vs. Houston (at Hidalgo, Texas), 8 p.m.

Indiana vs. Minnesota (at Fargo, N.D.), 8 p.m.

Atlanta at San Antonio, 8:30 p.m.

Phoenix at Sacramento, 10 p.m.

Portland vs. L.A. Lakers (at Ontario, Calif.), 10 p.m.

Thursday's games

Miami vs. L.A. Clippers (at Beijing), 7:30 a.m.

New York at Washington, 7 p.m.

Philadelphia at Orlando, 7 p.m.

New Orleans vs. Charlotte (at North Charleston, S.C.), 7:30 p.m.

Maccabi Haifa (Israel) at Golden State, 10:30 p.m.

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	14	8	6	0	382	405	16
Toronto	14	7	7	0	327	357	14
Hamilton	14	5	9	0	421	444	10
Winnipeg	14	4	10	0	274	428	8

WEST DIVISION

x-B.C.	14	10	4	0	365	271	20
Saskatchewan	14	8	6	0	377	290	16
Calgary	14	8	6	0	398	329	16
Edmonton	14	6	8	0	314	334	12

x — clinched playoff berth.

Monday's results

Saskatchewan 36 Toronto 10

Winnipeg 27 Montreal 22

Saturday's result

B.C. 27 Calgary 22

Friday's result

Edmonton 35 Hamilton 20

WEEK 16

Friday's game — All Times Eastern

B.C. at Hamilton, 7:30 p.m.

Saturday's games

Calgary at Winnipeg, 1 p.m.

Saskatchewan at Edmonton, 4 p.m.

Sunday's game

Montreal at Toronto, 1 p.m.

Friday, October 19

Winnipeg at Toronto, 7 p.m.

Edmonton at B.C., 10 p.m.

Saturday, October 20

Montreal at Saskatchewan, 3:30 p.m.

Hamilton at Calgary, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	36	96	7	139
Congi, Ham	0	41	93	1	135
Whyte, Mtl	0	40	78	6	124
Palardy, Wpg	0	21	96	5	122
Paredes, Cal	0	36	84	1	121
Shaw, Edm	0	31	69	10	110
Waters, Tor	0	17	72	6	95
DeAngelis, Sask	0	20	69	1	90

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	2	0	.600	165	113
N.Y. Jets	2	3	0	.400	98	132
Miami	2	3	0	.400	103	103
Buffalo	2	3	0	.400	118	176

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	0	0	1.000	149	73
Indianapolis	2	2	0	.500	91	110
Jacksonville	1	4	0	.200	65	138
Tennessee	1	4	0	.200	88	181

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	130	89
Cincinnati	3	2	0	.600	125	129
Pittsburgh	2	2	0	.500	93	89
Cleveland	0	5	0	.000	100	139

WEST

	W	L	T	Pct	PF	PA
San Diego	3	2	0	.600	124	102
Denver	2	3	0	.400	135	114
Oakland	1	3	0	.250	67	125
Kansas City	1	4	0	.200	94	145

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	3	2	0	.600	80	99
N.Y. Giants	3	2	0	.600	152	111
Dallas	2	2	0	.500	65	88
Washington	2	3	0	.400	140	147

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	5	0	0	1.000	148	93
Tampa Bay	1	3	0	.250	82	91
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Minnesota	4	1	0	.800	120	79
Chicago	4	1	0	.800	149	71
Green Bay	2	3	0	.400	112	111
Detroit	1	3	0	.250	100	114

WEST

	W	L	T	Pct	PF	PA
Arizona	4	1	0	.800	94	78
San Francisco	4	1	0	.800	149	68
St. Louis	3	2	0	.600	96	94
Seattle	3	2	0	.600	86	70

WEEK FIVE

Monday's result

Houston 23 N.Y. Jets 17

Sunday's results

Pittsburgh 16 Philadelphia 14

Indianapolis 30 Green Bay 27

N.Y. Giants 41 Cleveland 27

Miami 17 Cincinnati 13

Baltimore 9 Kansas City 6

Atlanta 24 Washington 17

Chicago 41 Jacksonville 3

Seattle 16 Carolina 12

Minnesota 30 Tennessee 7

San Francisco 45 Buffalo 3

New England 31 Denver 21

New Orleans 31 San Diego 24

Thursday, Oct. 4

St. Louis 17 Arizona 3

WEEK SIX

Thursday's game — All Times Eastern

Pittsburgh at Tennessee, 8:20 p.m.

Sunday's games

St. Louis at Miami, 1 p.m.

Dallas at Baltimore, 1 p.m.

Oakland at Atlanta, 1 p.m.

Kansas City at Tampa Bay, 1 p.m.

Indianapolis at N.Y. Jets, 1 p.m.

Detroit at Philadelphia, 1 p.m.

Cincinnati at Cleveland, 1 p.m.

New England at Seattle, 4:05 p.m.

Buffalo at Arizona, 4:05 p.m.

Minnesota at Washington, 4:25 p.m.

N.Y. Giants at San Francisco, 4:25 p.m.

Green Bay at Houston, 8:20 p.m.

Monday, Oct. 15

Denver at San Diego, 8:30 p.m.

TENNIS

ATP SHANGHAI ROLEX MASTERS

At Shanghai, China

Yesterday's results

Singles — First Round

Milos Raonic (12), Thornhill, Ont., def. Marinko Matosevic, Australia, 7-6 (4), 6-3.

Stanislas Wawrinka (13), Switzerland, def. Albert Ramos, Spain, 7-6 (1), 7-6 (5).

Kei Nishikori (14), Japan, def. Wu Di, China, 6-2, 6-4.

Gilles Simon (15), France, def. Jurgen Melzer, Austria, 6-4, 6-2.

Florian Mayer, Germany, def. Bernard Tomic, Australia, 6-4, 6-0.

Denis Istomin, Uzbekistan, def. Carlos Berlocq, Argentina, 4-6, 6-2, 6-1.

Feliciano Lopez, Spain, def. Alejandro Falla, Colombia, 6-3, 1-6, 6-3.

Viktor Troicki, Serbia, def. Mikhail Youzhny, Russia, 6-3, 2-6, 6-4.

Radek Stepanek, Czech Rep., def. Lleyton Hewitt, Australia, 7-5, 6-1.

Marcos Baghdatis, Cyprus, def. Fabio Fognini, Italy, 6-2, 6-2.

Yen-hsun Lu, Taiwan, def. Zheng Ze, China, 6-0, 6-2.

Second Round

Fernando Verdasco, Spain, def. Juan Monaco (7), Argentina, 6-4, 6-2.

John Isner (8), U.S., def. Kevin Anderson, South Africa, 7-6 (3), 6-7 (8), 7-6 (7).

Marin Cilic (10), Croatia, def. Martin Klizan, Slovakia, 7-5, 6-1.

WTA GENERALI LADIES LINZ

At Linz, Austria

Singles — First Round

Julia Goerges (5), Germany, def. Daniela Hantuchova, Slovakia, 6-4, 7-6 (5).

Mallory Burdette, U.S., def. Yanina Wickmayer (6), Belgium, 6-3, 6-4.

Bethanie Mattek-Sands, U.S., def. Tamira Paszek (7), Austria, 6-2, 6-4.

Carla Suarez Navarro, Spain, def. Magdalena Rybarikova, Slovakia, 6-3, 6-4.

Romina Oprandi, Switzerland, def. Alexandra Cadantu, Romania, 6-2, 6-1.

Kirsten Flipkens, Belgium, def. Alize Cornet, France, 6-4, 6-3.

Simona Halep, Romania, def. Lesia Tsurenko, Ukraine, 3-0 (retired).

Irina-Camelia Begu, Romania, def. Catalina Castano, Colombia, 6-0, 6-4.

Andrea Petkovic, Germany, def. Barbora Zahlavova Strycova, Czech Rep., 7-6 (3), 6-2.

Petra Martic, Croatia, def. Sorana Cirstea, Romania, 6-4, 6-3.

WTA HP JAPAN OPEN

At Osaka, Japan

Singles — First Round

Zheng Jie (2), China, def. Maria Jose Martinez Sanchez, Spain, 4-6, 7-5, 6-4.

Olga Puchkova, Russia, def. Francesca Schiavone (4), Italy, 6-4, 2-1, retired.

Tamarine Tanasugarn, Thailand, def. Yaroslava Shvedova (5), Kazakhstan, 6-3, 6-2.

Anabel Medina Garrigues (6), Spain, def. Camila Giorgi, Italy, 3-6, 6-2, 6-2.

Chanelle Scheepers (7), South Africa, def. Alexa Glatch, U.S., 6-4, 6-1.

Laura Robson (8), Britain, def. Eleni Daniilidou, Greece, 6-4, 6-2.

Virginie Razzano, France, def, Nudnida Luangnam, Thailand, 6-3, 6-3.

Zhou Yi-Miao, China, def. Kurumi Nara, Japan, 7-5, 6-4.

Doubles— First Round

Darija Jurak, Croatia, and Katalin Marosi (3), Hungary, def. Chang Kai-chen, Taiwan, and Noppawan Lertcheewakarn, Thailand, 4-6, 6-4, 10-7.

Kimiko Date-Krumm, Japan, and Heather Watson (4), Britain, def. **Eugenie Bouchard, Westmount, Que.,** and Alexa Glatch, U.S., 6-3, 6-2.

DRIVE 5

Discover the Pathfinder

ALL PHOTOS WHEELBASE

2013 Nissan Pathfinder

- **Engine.** 3.5 litre V6 with 260 horsepower and 240 pound-feet of torque.
- **Mileage.** 10.5l/100km and 7.7 on highway
- **Type.** Four door, front two or four-wheel drive.
- **Base price (incl destination).** Starts at $31,600

Styling and shape

The new Pathfinder, which arrives this fall, has been on a serious diet, shedding about 110 kilograms over the outgoing model. This meant converting to a unitized (frameless) platform that's shared with Nissan's Infiniti JX luxury wagon.

The V6 is teamed with a continuously variable transmission (CVT).

Drive options

Nissan's 4x4 option is worth it for anyone living or working in snow-belt regions where being stranded in -30 C conditions is just not an option. The All-Mode 4x4-i system allows you to select either two- or four-wheel-drive, or engage the Auto setting and let the All-Mode make the call, depending on tire slippage.

Comfort

Passenger comfort was apparently paramount with Nissan's designers, who created a third-row reclining seat and a second row with 13 centimetres of fore and after travel. The split-second bench also features an "EX Flex" portion that slides forward for easier third-row access.

MALCOLM GUNN
Wheelbase Media

It was a category full of off-roaders that buyers just couldn't get enough of. The seemingly unstoppable Ford Explorer. The go-anywhere Nissan Pathfinder. It's amazing how things change in five or six years. In simple terms, the Explorer and Pathfinder are no longer truck-based, off-road-capable sport utility vehicles.

Like the Explorer, Nissan's seven-passenger bus has emerged from its chrysalis as a family wagon able to conquer nasty road and weather conditions. The Tennessee-built wagon had remained virtually untouched since the 2005 model year. A robust body-on-frame chassis made it ideal for boulder-bashing, creek-fording activities.

The new sheet metal manages a passing resemblance to the outgoing rig as far as the grille is concerned. But from there the quaintly boxy body-of-old, with its muscular fender flares, has given way to gentle curves and rounded edges.

The Pathfinder S is expected to come with the usual accessories, including tri-zone climate control and 14 cup/bottle holders. The SV adds roof rails and a rearview monitor while leather-covered seats, remote engine start and a power liftgate are SL highlights. From there, the sky's the limit on the options front, with features such as an up-level sound system.

The reborn Pathfinder might have been stripped of its traditional sport bravado, but it will certainly add new friends with an easy-on-gas powertrain, easy-to-take creature comforts and easy-on-the-eyes design.

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How the sea holds the key to totally revamp the car industry

AutoKnow. The ocean can provide, through its seaweed, new materials and new fuel for next-generation environmentally-friendly vehicles

BILL MCLAUCHLAN
wheelbasemedia.com

The common belief is that something won't last very long unless it's created in a lab. That might always be the case, but the source material for such parts is quite literally in a liquid state.

Cars with bodies and parts made from seaweed and powered by biofuel derived from algae and saltwater could be the wave of the future if a couple of companies have anything to say about it.

Toyota has an ultralight, super-efficient plug-in hybrid vehicle featuring a bioplastic body made from seaweed. According to the company, it could be available inside of 15 years.

Automakers are looking for ways to increase the amount of plastic parts in cars as a means to reduce weight and production emissions. Today, steel is still thought to be the best material to crank out cars, but the use of plastic is quickly gaining ground.

Even luxury automakers such as BMW and Mercedes-Benz use more plastic in their vehicles than ever before ... and that trend looks like it's continuing. Demand for bioplastics is expected to hit $100 billion within a couple of years, according to a 2009 USA Today story.

One snag, however, is that most plastics today still trace their roots to petroleum. Conventional petroleum-based plastic products don't do much to alleviate North America's dependence on oil, not to mention the associated economic, environmental and geo-political problems that come along for the ride.

That's some of the thinking behind Toyota's green vision for the future and the 1/X Concept, so named because its "carbon footprint" is claimed to be a fraction of that of other cars.

While not totally new - the 1/X Concept made its public debut at the 2007 Tokyo Motor Show – this "environmentally considerate" hybrid is an interesting spinoff on the original concept.

About the same general size as Toyota's current Prius gas-electric hybrid, the revised 1/X still combines a home-rechargeable lithium-ion battery pack with a 0.5-litre flexible-fuel engine in a drive system that's about 25 per cent of the Prius's powertrain.

A very strong carbon fiber-reinforced plastic (CFRP) frame contributes to the car's light 926-pound curb weight, less than one-third of the Prius.

But the 1/X Concept's most noteworthy attribute can be seen in bioplastic body panels derived from seaweed. "We used lightweight carbon fiber in the frame for its superior collision safety," project manager Tetsuya Kaida said of the 1/X. "But that material is made from oil. In the future, I'm sure we will have access to new and better materials such as those made from plants, something natural.

"In fact, I want to create such a vehicle from seaweed because Japan is surrounded by the sea."

Kaida added that the 1/X Concept "points the way toward a much more sustainable relationship between humans and the environment. It's also a direction for a future Prius, two or three generations ahead of the current car."

Florida-based Algenol Biofuels, working in partnership with Dow Chemicals, has big plans to power such future cars with its proprietary algae-to-ethanol biofuel.

Typical corn-based ethanol has been criticized for straining the world's food supply, contributing to global warming by encouraging the plowing of grasslands and consuming a substantial amounts the annual U.S. corn crop.

The Algenol approach solves those problems by producing its ethanol fuel without occupying arable land or consuming feedstocks needed for human or animal consumption, a conflict that has been in the news many times this summer due to drought-ravaged crop yields. All it needs for production is seawater, sunlight and algae.

Innovative

"I want to create such a vehicle from seaweed because Japan is surrounded by the sea."

New Toyota 1-X project manager Tetsuya Kaida, on utilizing Japan's large coastline to fuel Toyota's new idea for a vehicle partly made from seaweed.

The facts: Seaweed as a fuel

- **Algenol.** This new fuel is made in bioreactors (read below) using seaweed and photosynthesis. It is ethanol but it's just produced in a much more environmentally sound way than actual ethanol which has been criticized for depleting food stocks through its production.
- **Algae bioreactors.** These are 50-foot-long by five-feet-wide troughs covered with flexible plastic and filled with about 1,000 gallons of saltwater. The water is then saturated with carbon dioxide to encourage algae growth.
- **Ethanol vs Algenol comparisons.** Algenol touts 6,000 gallons of ethanol per year per acre at a cost of less than $1 per gallon. By comparison, corn produces about 370 gallons per year per acre while sugar cane accounts for about 890 gallons per acre.
- **The future.** With 139 million square miles of ocean covering the earth's surface, and containing a volume of some 329 million cubic miles, there looks to be no shortage of future fuels from this promising process.

The humble seaweed could now be the material our vehicles are made of, and run, on in the future.

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2012 Ram 1500 Crew Cab Longhorn 4x4 shown.[§]

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See your dealer for complete details. ‡4.79% purchase financing for up to 96 months available on the new 2012 Ram 1500 Quad Cab SXT 4x4 model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Dealer order/trade may be necessary. Dealer may sell for less. See your dealer for complete details. Example: 2012 Ram 1500 Quad Cab SXT 4x4 with a Purchase Price of $25,698 (including applicable Consumer Cash Discount) financed at 4.79% over 96 months with $0 down payment equals 208 bi-weekly payments of $149 with a cost of borrowing of $5,261 and a total obligation of $30,959. Pricing includes freight ($1,400-$1,595) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealer may sell for less. ^Based on calendar year-to-date market share gain. °Based on *Ward's* full-size pickup segmentation. ^Based on longevity of entire Ram pickup lineup compared to competitive pickups. Based on R. L. Polk Canada Inc. Canadian Vehicles in Operation and new registrations for model years 1987-2011 as of June 30, 2011. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under licence. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ¥Based on 2012 EnerGuide full-size truck V8 to V6 fuel economy comparison. ¤Based on current Consumer Cash Discount: $41,810. Pricing includes freight ($1,400-$1,595) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealer may sell for less. See your dealer for complete details. 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Peugeot's concept gem is much more than four-wheel eye candy

Onyx. The slick car's looks may hold your attention but under its shiny exterior lies many admirable, greener features

AUTO PILOT
Mike Goetz
drive@metronews.ca

The Peugeot Onyx allows its looks to do the talking but there is much more to this car than just aesthetics. CONTRIBUTED

Sugarcoating gets a bad wrap. A coat of sweety goodness over something unsweet? What's wrong with that?

If it weren't for Honey Nut Cheerios a lot of us would be woefully deficient in essential substances, like Riboflavin, Thiamine and sodium. There is a type of sugar coating in the automotive world too and it is just as tasty — the concept car.

Automakers need to constantly develop technologies, some exciting, some boring, some in the middle. When it comes time to let the world and their stakeholders know about the fruits of their labours, automakers help their cause by almost always incorporating the various technologies into a sexy concept form, then unveiling that vehicle at a major auto show with a photogenic human accompanying it on stage.

The alternative would be to present a technical paper about the technologies at an industry symposium, the kind filled with large name badges, stale "urn" coffee and break-out sessions. Guess which communication method gets the most attention? A case in point is the Peugeot Onyx, the concept that stole the spotlight at the recent 2012 Paris auto show.

Peugeot could have just told us about the technological areas they're currently working on, like… making vehicles look like they've been handcrafted by metalwork artisans… gaining lightness through carbon fibre… developing sporty and fuel-efficient diesel engines… capturing and re-deploying a car's kinetic energy… And trying to build vehicles with more recyclable materials.

All that sounds good, but the Peugeot Onyx looks even better. The doors and front fenders are fashioned from pure copper, by hand, by a master craftsman. Being copper, the metal's appearance will change over time. The rest of the body panels are carbon fibre, painted black. The carbon fibre chassis features less individual parts than normal. This "monolithic" design furthers both stiffness and lightness; it tips the scales just over 100 kg (220 pounds).

Mounted mid-ship is Peugeot Sport's 3.7-litre diesel V8, a version of which sees duty in the automaker's Le Mans racers. It transmits 600 hp to the rear wheels via a six-speed sequential gearbox. The Hybrid4 technology recovers kinetic energy usually lost during braking, by storing it in lithium batteries, then automatically delivering it during acceleration, adding a further 80 horses.

The main material in the interior is wool felt. This felt is formed as a one-piece pod — we're talking bucket seats, floor, upper console, and roof! The pod is fitted against the carbon fibre structure, and even does double-duty as soundproofing material. In places where it contacts the body, there is extra foam.

The dashboard and part of the console are constructed of old newspapers compressed under great pressure to form "logs." Apparently the logs seem to have a "grain" to them, and on closer inspection you can see that those grains. The Peugeot Onyx is eye candy, yes, but like a lot of automotive concepts it is healthy eye candy — the kind with real fibre, protein, and nutrients.

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sale price $30,678 AS-IS
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$5,500 CASH DISCOUNT
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AUTO, A/C, PWR LOCKS & WINDOWS, ABS, MOONROOF, ALLOY WHEELS, BLUETOOTH
MSRP: $30,293
$24,793
$174 B/W[2]
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$2,500 CASH DISCOUNT
2012 NISSAN VERSA HATCHBACK
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Michelin's Green X tire brand. PHOTO COURTESY OF MICHELIN

Increase safety and save on fuel with a wise tire choice

Driving Force. Look for the right balance when choosing rubber for your vehicle with maximum gas savings and tread life in mind

JIL MCINTOSH
drive@metronews.ca

It might surprise you to know that very little of your gasoline's energy — only about 15 per cent — is actually used to move the car forward. In addition to such things as wasted heat, idling, and aerodynamic drag, your tires are also chewing up your fuel.

"Twenty per cent of the energy consumption on a car is to overcome the tires' rolling resistance," says Ron Margadonna, senior technical marketing manager for Michelin North America. "It's not the largest — aerodynamic drag is larger – but it's a significant energy that you have to overcome."

Minimizing this friction has long been a factor in the design of most tires, but rising fuel prices and tighter government fuel economy standards are making low rolling resistance (LRR) even more important with tire manufacturers.

The major challenge is that tires involve a number of attributes, including tread wear longevity, road noise, and traction when braking or on wet roads. Manufacturers who concentrate too much on one attribute will compromise the others.

In some cases, trade-offs are acceptable: someone who buys an extremely "sticky" tire for high-performance handling on a race track knows that this tire will wear quickly, for example. However, most consumers want tires that balance these attributes. Tire makers use special rubber compounds, tire construction, and tread patterns to maximize the tire's performance, including its fuel efficiency.

"The key is managing that energy as the tire deforms through its revolution, so there are advanced polymers that we're using," Margadonna says. "Comfort and noise levels have been improved in low rolling resistance tires." Michelin uses a "Green X" logo on the sidewalls of its tires that use these fuel-saving technologies.

Things to note

- **Inflation.** No matter what tire you buy, proper inflation is the key to maximum fuel savings, tread life and performance. Check your tire pressure once a month.
- **New breed.** Within a few years new tires will be sold with easy-to-understand labels that will rate their fuel efficiency, tread wear and safety for wet traction.

Horoscopes

♈ Aries
March 21 - April 20
Things may get hot over the next 24 hours, but that's OK because you are the kind of person who thrives when the pressure is on. Just make sure you remember to keep thinking. Instinct alone won't be enough.

♉ Taurus
April 21 - May 21
You may have to give ground to a rival today, simply because he or she is even more stubborn than you are! The planets warn that if you go toe-to-toe with them, it could be you who comes off second best.

♊ Gemini
May 22 - June 21
If someone you work or do business with gets a bit aggressive today, you would be wise not to meet their challenge head-on. This is the kind of confrontation you cannot win, so be sensible.

♋ Cancer
June 22 - July 23
You are in the kind of mood where you are quite prepared to turn your life upside down if you believe it is needed to bring success. You may be right, but don't go too far and get rid of everything.

♌ Leo
July 24 - Aug. 23
You will get what you want today — one way or the other. But Mercury linked to power planet Pluto suggests you may upset a few people along the way. Do you care? That just has to be a stupid question.

♍ Virgo
Aug. 24 - Sept. 23
Put the past behind you and focus on the future. There is no point dwelling on what might have been, and why would you want to when your current prospects are so good? Each day can be a new beginning.

♎ Libra
Sept. 24 - Oct. 23
Do you have the guts to take some kind of gamble? If you do, it could well pay off — especially if you act decisively on what your inner voice tells you. Others will disagree, of course. But they know nothing.

♏ Scorpio
Oct. 24 - Nov. 22
Mercury in your sign linked to your ruler Pluto means there is not a shadow of doubt in your mind, but others are not so sure you know what you are doing. Your task today is to find ways to convince them.

♐ Sagittarius
Nov. 23 - Dec. 21
Seize the initiative today. Make your bid for fame and fortune. If you don't, you may look back later and wonder what might have been — and the worst part is, you will never know. Do something daring!

♑ Capricorn
Dec. 22 - Jan. 20
Sometimes in life you have to make a decision and stick to it, and this is one of those times. Whatever you are called to act on today, you must be brave and you must be bold. Anything less invites failures.

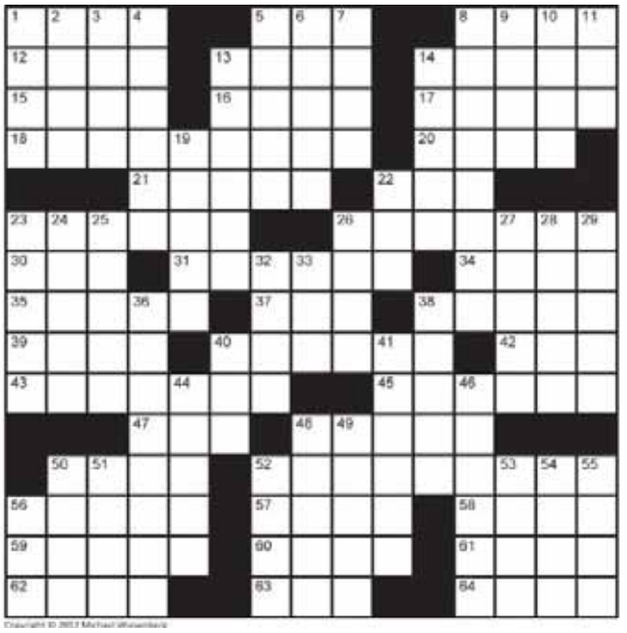
♒ Aquarius
Jan. 21 - Feb. 19
You know what needs to be done in your life, so get on and do it and don't worry about whether or not other people will approve. Remember: You don't have to please them — they have to please you.

♓ Pisces
Feb. 20 - March 20
If you are happy with your life the way it is then fine. If, however, there are things you would like to change now is the time to start making plans. Make them big plans too. Don't limit your horizons.

SALLY BROMPTON

Miscellany

BY MICHAEL WIESENBERG



Across
1. Permits (someone to do something)
5. Chicken ___ king (2 wds.)
8. Double-reed woodwind
12. Skin soother
13. Actor Alda, Ladd, or Rickman
14. Witch
15. "... was blind but now ___": Amazing Grace (2 wds.)
16. It blows off the ocean
17. Smell
18. Curtails
20. Predicament
21. Conceals
22. Not him
23. Duress
26. Northwest ___: sea route on the Canadian mainland's north coast
30. When doubled, a dance
31. Engraved with acid
34. Ailments
35. Arise anew
37. ___ *and Order*
38. Pig's nose
39. Summers: Fr.
40. Kidnapper's demand for money
42. Society page adjective that means "born" in French
43. Sang like a bird
45. Disappear, like a hairline
47. Not young
48. Eucalyptus-loving marsupial of Australia
50. Plant used to make poi
52. Largest New Brunswick city, whose spelling is sometimes confused with the capital of Newfoundland and Labrador (2 wds.)
56. Bay of ___: location of 52-Across
57. Crooned
58. *Garfield* comic strip dog
59. Signed, as a contract
60. Give's opposite
61. Evil grin
62. Close at hand
63. Bro's female counterpart
64. Defunct US gasoline brand still active in Canada

Down
1. Refuge
2. "If all ___ fails, read the directions"
3. Baby's "piggies"
4. Be boiling mad
5. Wonderland girl
6. Goes on and on
7. Aardvark delicacies
8. Has food delivered (2 wds.)
9. Heckles
10. Burden
11. Always: poetic contraction
13. Among
14. Arrives
19. Step part
22. "I've ___ it with you!"
23. Alternative to a nail
24. 8th Greek letter, it comes before iota
25. Grand Prix car
26. Church benches
27. By oneself
28. Applied epoxy
29. ___ Lauder: cosmetics and fragrance brand
32. Dressed
33. Solo of *Star Wars*
36. Boundary that runs through four Great Lakes (2 wds.)
38. Silvery food fish
40. Valentine color
41. Citrus fruit that's also a color
44. Actor Christopher of the *Back to the Future* series
46. Coax gently
48. Hawaii's Garden Isle
49. Pig sounds
50. Adjust to the correct pitch
51. Ottawa-born singer/composer who wrote My Way
52. Former faster-than-sound jets: initialism
53. Wordsworth works
54. Goes quickly
55. Fiddler while Rome burned
56. Fish's steering mechanism

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	4		7	5	8		1	
2								5
		9				3		
9	7		6		5		4	2
				7				
6	2		8		4		7	3
		7				4		
1								8
	6		1	8	9		3	

Yesterday's Sudoku

Weather

TODAY	THURSDAY	FRIDAY
MAX: 5° MIN: 4°	MAX: 10° MIN: -3°	MAX: 5° MIN: 3°

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